



# Phase Up Newsletter

FEBRUARY 2017

Volume 2, Number 13

## Phase Up Mission:

Peers  
Helping  
Achieve a  
Substance free  
Environment with

Unlimited  
Possibilities

• **Sobriety Court Dates:**  
**Courtroom J Judge Westra**  
February 10th 1:30pm

• **OWI Court Dates:**  
**Courtroom N Judge Ankley**  
February 3rd 2pm  
February 17th 2pm  
**Courtroom M Judge Haenicke**  
February 10th 10:00am  
February 24th 10:00am

## Phase Up Group Meetings

Fridays following the Sobriety Court and OWI Court sessions in the Jury Rooms and **Tuesday Nights @6pm at Recovery Institute.**



• **Men's Drug Court**  
**Courtroom C Judge Kropf**  
February 3rd 9am  
February 17th 9am  
• **Women's Drug Court**  
**Courtroom K Judge Blatchford**  
February 10th 9am  
February 24th 9am  
• **N.O.R.P. Group Meetings**  
Fridays immediately following the Court session in Jury room M  
• **W.D.T.C. Group Meetings**  
Fridays immediately following the Court session in the Jury room K



**Join Us for A  
Phase Up Get together!**

## Phase Up Dinner

**Thursday  
February 16th  
Meet At 6:30  
All You Can Eat!**

**Adults \$9.99  
Kids: 8-10 \$7.59  
5-7 \$5.99  
3-4 \$3.99**



**Family & Friends Welcome**

## 9 Things To Do Besides Drink When Life Gets You Down:

Something that I thought was the end of my life was really the beginning, and that's a powerful reminder when I am going through a difficult time.

Upon getting sober, you'll be told many times that it won't be all sunshine and rainbows. This seems like an obvious statement, as life has ups and downs. But the reason you'll be told this is because you need to be prepared for how you'll handle such ups and downs when drinking is no longer an option.

Lately I've been dealing with some hard things in life, things that feel beyond my control. I've been regretting past choices I made because of the current situation those choices have put me in. I tend to dwell on things like this, and they take up all of the open space in my mind and affect every aspect of my life. The old me would probably have started drinking in order to push those overbearing, anxious thoughts aside. But the sober me doesn't have that choice. I know that today, escaping from myself isn't an option. Instead, I need to utilize other tools—healthier ones.

When life has me down today, in sobriety, there are a few things I will do instead of turning to alcohol:

1. Reach out to friends and family.
2. Work out.
3. Write a gratitude list.
4. Remind yourself that the only day you can do anything about is today.
5. Cry. Yell. Feel.
6. Get fresh air.
7. Do what you can with what you have.
8. Write—even if you are not a writer.
9. Remind yourself of other hardships you've overcome.

\*See the Full article on our Blog page at Phase Up's Website:  
[www.pugsite.wixsite.com/phaseup](http://www.pugsite.wixsite.com/phaseup)

## Support Meetings:

### • Phase Up Group Meetings

Tuesdays @ 6pm at Recovery Institute

### • SMART Recovery Meetings

Monday & Wednesday 2pm-3pm  
Thursday 8:30am- 9:30am  
at Recovery Institute



Tuesday's 6:00 to 7:30pm at Recovery Institute

[michigan-na.org/sw\\_michigan](http://michigan-na.org/sw_michigan)  
[sites.google.com/site/kalamazoo10/intergroup/](http://sites.google.com/site/kalamazoo10/intergroup/)

Coming: March 18, 2017

### SOBER OUTING



### DETROIT RED WINGS GAME

Saturday March 18, 2017

COST IS \$155 PER PERSON

Contact Us:

Phone: 269-370-1291

Email:

[pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)  
[norp.kalamazoo@gmail.com](mailto:norp.kalamazoo@gmail.com)

Facebook Page:

[www.facebook.com/norpgroup](http://www.facebook.com/norpgroup)  
[www.facebook.com/phaseupgroup](http://www.facebook.com/phaseupgroup)

Website:

<http://pugsite.wixsite.com/phaseup>



**MICHIGAN** Toll-Free 888-234-0198

### \$25 OFF Interlock Installation

Courtesy of:

Phase Up Group of Kalamazoo

\*One time offer to be used only at installation,  
cannot be used with any other promotions\*



## DETROIT RED WINGS GAME SOBER OUTING Saturday March 18, 2017 COST IS \$155 PER PERSON

### TRIP INCLUDES:

UPPER LEVEL LOWER HALF SEATS

ROUND TRIP BUS RIDE

TAILGATING BEFORE THE GAME &

LEFTOVERS AFTER THE GAME

FOOD, DESSERTS AND SODAS FOR THE BUS

\$50.00 Deposit Due At Time Of Sign Up

Balance Due By March 10, 2017

Any Questions Contact Ken or Bill

## Movies & Popcorn at Kalamazoo 10



Join us on Saturday February 25th at 3:30pm. We will meet in the lobby of the Kalamazoo 10 Movie Theater and you will be able to decide what movie you would like to go see. Bring your Family and Friends!!!

## Bowling & Pancakes at Airway Lanes:



Join us on Sunday, February 12th from 9am till Noon for Pancakes and Bowling. All the pancakes you can eat and all the games you can bowl for \$10.00 (rental shoes are included). Bring your Family and Friends!!! We will meet at Airway Lanes at 9am. Hope to see you there!!



Fundraising Euchre Tournament  
EASTWOOD HOUSE OF RECOVERY  
Every Saturday Night at 7pm  
Suggested Donation \$5.00



## Volunteer & Community Service Opportunities:



Volunteer Kalamazoo  
BUILD • CONNECT • PROMOTE

WELCOME TO VOLUNTEER KALAMAZOO,  
A PROGRAM OF GRYPHON PLACE!

### Court Ordered Service

[www.volunteerkalamazoo.org](http://www.volunteerkalamazoo.org)  
3901 Emerald Dr. Kalamazoo, MI 49001  
269-382-8350

GRYPHON  
PLACE

2-1-1  
Helping those in conflict and crisis

If you would like to contribute to the Newsletter in any way or have the Newsletter emailed to you, Email us at [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)