



P.U.G. Newsletter

February 2016

Volume 1, Number 1

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• Sobriety Court Dates: Courtroom J

February 12th 10am

February 26th 1:30pm

• OWI Court Dates: Courtroom N

February 5th 10am

February 19th 2pm

• P.U.G. Support Meetings

Friday's following the Sobriety Court Session in the 3rd Floor Jury Room J and following OWI Court in Jury Room N

Tuesday's @ 7pm at Recovery Institute

• Smart Recovery Meetings

Monday & Wednesday 2pm-3pm at Recovery Institute

Wednesday's 6:30pm -8pm at Pine Rest on Nichols Rd.



New Bilingual Spanish AA meeting will be held Tuesday at 6:00 pm at Recovery Institute. 1020 S Westnedge

Fundraising Euchre Tournament Saturday's at 7pm at Eastwood House of Recovery

The Power of the Group

In the words of the great Steven Tyler:

“One alcoholic or addict sharing his story with another is powerful medicine....”

And thus the power of the support group.

According to the Mayo Clinic “a support group can help you cope better and feel less isolated as you make connections with others facing similar challenges. It can be helpful just getting to talk with other people who are in the same situation.”

Other benefits include making new friends, expanding your sober support networks and the empowerment that comes from peer support and a sense of belonging.

Since its inception the Phase Up Group - or P.U.G. -- has helped countless Sobriety Court - and more recently OWI and Drug Court -- members navigate the sometimes choppy waters of Court requirements - and equally important - living a sober life after graduation.

This includes:

- Being a group of your peers that you can go to for information and resources.
- Maintaining a Facebook page (www.facebook.com/phaseupgroup) where members can find all sorts of information on upcoming events and sober living
- Providing speakers from the various interlock companies in our area so members can make an informed decision about the interlock device they chose to have installed in their vehicle.
- Providing other speakers, such as attorneys, to explain the license restoration process.
- Organizing fun-filled sober events such as picnics, bowling tournaments, ice skating parties, entertainment get togethers at local theaters and the Civic, outings to professional sporting events such as the Detroit Tigers & Lions and many more exciting things to come. (Euchre anyone?)

It is widely recognized that Sobriety Court members who participate in P.U.G. are better informed and therefore graduate with fewer sanctions. And not only that - we bring the FUN!!!

So please consider joining us. Our upcoming sober events and our meeting dates are listed in this newsletter and can be found on our Facebook page.

Steven Tyler isn't the only one who can rock recovery!!

Opinion Poll:

Tell us where your Favorite Recovery meeting is, and Why you like it? Email us at pug.kalamazoo@gmail.com and we'll publish the results in the March issue.

What's Your Recovery Story?

Anonymous or Not, Let us share it for inspiration

FEBRUARY'S
PHASE UP SPONSORED
SOBER OUTINGS*
*Family & Friends Welcome

February 13th
Saturday 2:30 Matinee
Kalamazoo 10 Movie
820 Maple Hill Dr.
Kalamazoo, Mi 49009

February 21st
Sunday 1:30 - 5pm
Wings West Ice Skating
5076 Sports Dr.
Kalamazoo, Mi 49009
\$10.00

February 26th
Friday 3pm
Jury Room 3rd Floor
Smart Start



February 28th
Sunday 2pm
The Civic Center
329 South Park St.
Kalamazoo, Mi 49007
Steel Magnolias
\$20.00

Coming in March:
2nd Annual Sober Bowling
Tournament March 12th

Contact Us:
Pug.kalamazoo@gmail.com

Facebook Page:
www.facebook.com/phaseup_group
or goto Facebook and search
Pug of Western Michigan

Movies at Kalamazoo 10



Join us on Saturday February 13th 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. Some of the movies that will be playing that day are The Deadpool, Zoolander 2, Kung Fu Panda and More.



Ice Skating at Wings West



Join us at Wings West on Sunday February 21st at 1:30 for ice skating and hor dourves in the Burdick's West Banquet room, the cost is \$10 per person and includes skate rental and hor dourves from 1:30 till 5pm

The Civic Center Presents Steel Magnolias

Bless your heart, what could be more important than family, friends and good hair? Welcome to Truvy's Beauty Salon in Chinquapin, Louisiana; where all the ladies who are "anybody" come to have their hair done. It's here that they bicker, share beauty tips and recipes, and swap more than an occasional bit of scandalous gossip. They also forge a bond of friendship that carries them through personal triumphs and tragedies. Just like magnolias, these southern women are delicate, beautiful and ultimately, resilient. All performances in the Civic Auditorium feature reserved seating. Doors open 30 minutes prior to each performance. Sunday February 28th @ 2pm



The cost is \$20 per person and needs to be paid in full by February 20th, Seats are limited so Reserve yours today.

Sign Up for Sober Outings on Facebook or by Email

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