

# P.U.G. Newsletter

April 2016

Volume 1, Number 3

## In This Issue

### • Sobriety Court Dates: Courtroom J

April 8th 1:30pm

April 22th 1:30pm

### • OWI Court Dates: Courtroom N

April 1st 10am

April 15th 2pm

April 29th 2pm

### • P.U.G. Support Meetings

Fridays following the Sobriety Court Session in the 3rd Floor Jury Room J and following OWI Court in Jury Room N

Tuesdays @ 7pm at Recovery Institute (Planning Meeting)

### • SMART Recovery Meetings

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

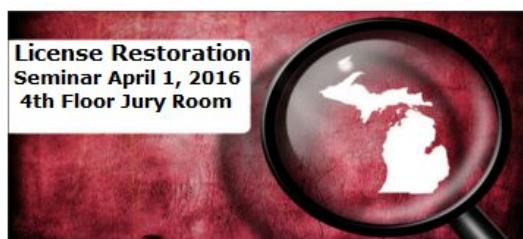
Wednesdays 6:30pm-8pm  
at Pine Rest on Nichols Rd.



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

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

Fundraising Euchre Tournament Saturdays at 7pm at Eastwood House of Recovery



The Phase up group will be hosting a Driver's license restoration training at the 8<sup>th</sup> District Court in the 4<sup>th</sup> floor jury room. We will have multiple speakers discussing every aspect of license restoration. The first 40 attendees will receive the book

**"Get Your Michigan Driver's License Back!"** by author Michael G. Brock L.M.S.W. If you are looking for a chance to get all your license restoration questions answered this is your time.

## Opinion Poll: Favorite Support Meeting

I began sobriety court nearly a year ago and it has truly been a life changing experience. Over the past 10 years I had been to 9 different treatment centers, been hospitalized 23 times for pancreatitis and other alcohol related issues, and arrested once for OWI when I received my second OWI on March 4th of 2015. I can't say that was a real wake up call, I knew I had a problem I had given up trying to fix it. I was ready to die in my addiction. My awakening began as I embarked on the sobriety court journey. Completing each requirement daily and slowly becoming more self-assured that I was indeed capable and worthy of such a gift. Starting once again to have much needed structure in my everyday life. Making new friends, starting a new job, forming new and stronger bonds with other sober people in and out of sobriety court. Feeling like a productive member of society helped to eliminate so much of that self-loathing I had lived with for so long. Acceptance was the other answer for me, the first time (and every time since) I heard it read at a meeting I felt a peace and serenity regarding my station in life that let me know if I wanted recovery I had to accept certain things as being exactly the way they were supposed to be. I know without a doubt without the guidance and support of AA, sobriety court, and especially Tamsie Haskill I would not be living the life I am today! ODAAT Rebecca Bremmer

***Tell us where your Favorite Support meeting is and why you like it.*** Email us at [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com) and we'll publish the results in the next issue.

**Survey:** What time is the best for you to attend a meeting Morning or Evening? Email us your answer at [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)

## What's Your Recovery Story?

Let us share it for inspiration. You can remain anonymous if you so chose.

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

April 1st  
Friday at Noon  
Drivers License  
Restoration Seminar  
4th Floor Jury Room

April 1st  
Friday at 6pm Art Hop

April 10th  
Bowling & Pancakes  
Sunday 9am-12pm  
Airway Lanes  
5626 Portage Rd.  
Portage, MI 49002  
\$10.00

April 16th  
Walk for Wellness  
Saturday 10am  
Celery Flats Trails  
Park in the D&W Parking lot  
On Romence rd.

April 23th  
Saturday 3:00 Matinee  
Kalamazoo 10  
820 Maple Hill Dr.  
Kalamazoo, Mi 49009

April 29th  
Friday at Noon  
Lawyers Discussion on  
getting your license back  
4th Floor Jury Room

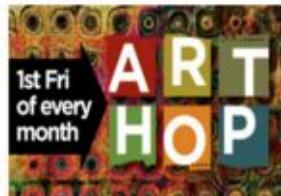
#### COMING SOON:

May 15th  
Hairspray  
at the Civic Theater

June 26th  
Detroit Tigers Baseball Game

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

Facebook Page:  
[www.facebook.com/phaseup\\_group](http://www.facebook.com/phaseup_group)  
or go to Facebook and search  
Pug of Western Michigan



Friday April 1st meet on the East  
Courtyard of the Radisson Hotel Downtown  
at 6pm outside by Burdick's Restaurant  
(weather permitting)

## Bowling & Pancakes at Airway Lanes



Join us on Sunday, April 10th 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). We will meet at Airway Lanes at 9am. Hope to see you there!!



## Walk for Health of it!

Join us Saturday April 16th at 10am  
We'll meet in the Parking lot of D&W  
on Romence Rd. and be walking  
around Celery Flat Trails and then  
after the walk we'll have Lunch.  
(lunch to be determined)



## Movies at Kalamazoo 10



Join us on Saturday April 23rd at 3:00pm. 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.

## Here's what People are Saying:

This year, Phase Up was invited to Michigan Association of Treatment Court Professionals state conference in Grand Rapids, MI. The support that current participants and alumni offer to Sobriety Court, OWI Court and Men's and Women's Drug Court is starting to get recognized statewide. The ultimate goal is to create a template that can be taken into all the courts to help the participants successfully complete the program requirements, lowering the chances of recidivism, gaining sobriety (living a life of wellness and recovery) and supporting fellow peers. Phase Up is making big strides as an advocacy group and none of this would be possible without the current support of current participants and alumni. We appreciate your continued support and please be on the lookout for upcoming Phase Up Events.

*We want to hear what you have to say. Email us at: [pug.kalamazoo@gmail.com](mailto:pug.kalamazoo@gmail.com)*

## 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](mailto:pug.kalamazoo@gmail.com)