



Programs for Individuals with Mental Illness and their Families at  
**THE POSITIVE IMAGE CENTER (PIC)**  
2030 Stonebridge Drive, West Bend, WI | (262) 306-7541  
**NAMI-PositiveImage.org**

**RECOVERY CENTER:** Free computer usage, a relaxation/meeting rooms, craft and hobby room, library, snack room, a huge meeting room for events and dinner night. A Wii system, a library, a TV room, arts & crafts groups, bingo, and dinner nights. For 18 and older. **Visit our website for hours and events schedule** or call (262) 306-7541. Offerings listed below are held at the Positive Image Center.

#### **OFFERINGS FOR THOSE 18 and Older, LIVING WITH MENTAL ILLNESS:**

- **RI-Discovery:** Learn and practice tools to aid in recovery process; peer-led. Wed. 6:30 – 8:00 p.m.: Sat. 10:00 – 11:30 a.m. Call Mike at 262-416-2116 for more information.
- **Depression/Bipolar Group:** 7 – 8 p.m. every Tuesday. For individuals dealing with depression and/or bipolar disorder.
- **Mindful Meditation:** Mindfulness practice allows us to be more aware of thoughts, feelings, and body sensations as they occur in a non-judging way. Meets the third Monday at 2pm.
- **Arts & Crafts:** Every Tuesday, 1:30 – 3:00 p.m., and every Friday, 10:00 a.m.
- **Creative Writing:** Call Mike at (262) 416-2116 for information about next session.
- **Bingo:** Every Friday, 3:00 – 5:00 p.m.
- **Teleconference/Webinar Group:** Meets Thursdays at 11 a.m. to listen to and discussion presentations offered on Wisconsin Public Psychiatry Network. Call Mary Jean or Mary D. at 262-306-7541 for more information and schedule.
- **Computer/Internet Basics:** Meets Wednesdays at 4 p.m. Class size limited, please sign up.
- **Dinner Night:** Every 2<sup>nd</sup> and 4<sup>th</sup> Monday, 5:00 – 6:00 p.m. **Sign up at the center.** Free.
- **Warm Line:** Free, non-crisis support phone line for individuals with mental illness. Trained peer mentors listen, offer emotional support, help with problem solving, and make a referral, if needed. Individuals may call (262) 353-3540 on Wednesdays, 4:00 - 6:00, or sign up to receive an outreach call during that time. This is not a crisis line. In case of crisis call Washington County Acute Care Services at (262) 365-6565. **In an emergency, dial 911.**



A 9-week, experiential learning program for people with any serious mental illness who are interested in establishing and maintaining their wellness and recovery. Call the PIC at (262) 306-7541 and ask for Dawn M or contact Mike at (262) 416-2116 for more information and schedule. **Registration is required.**

## OFFERINGS FOR TEENS:

- **Art Expression Class for Teens:** The class is open to all middle school and high school students (6th - 12th grade). We specifically encourage teens with mental health concerns to sign-up. **Registration required.** Call Gina at (262) 397-7022 for more information.

## OFFERINGS FOR PARENTS OF CHILDREN OR TEENS WITH MENTAL HEALTH ISSUES:



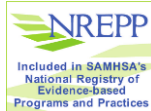
A six-week educational course for parents of children and teens with social, emotional, or behavioral challenges. **Registration required.** Call Laurie at (414) 416-7184 for more information.

- **Parents as Partners:** 6:30 – 8:00 p.m. 4th Thursday of the month. Support group for parents of children and teens with social, emotional, or behavioral challenges. **No registration necessary.** Call Laurie at (414) 416-7184 for more information.

## OFFERINGS FOR FAMILY MEMBERS OF ADULTS WITH MENTAL HEALTH ISSUES:



A twelve-week session of educational, supportive classes for family members who are dealing with someone who is mentally ill. **Registration required.** Call Sheryl at (262) 338-0386 for more information and schedule.



Meets 7 – 8:30 p.m., 3<sup>rd</sup> Monday of the month; provides small group support for families dealing with mental illness. **No registration necessary.** Call Debra at (262) 339-1235 for more information.



**NAMI-PositivelImage.org**

**We work to raise awareness and provide education, advocacy and support programs for people living with a mental illness, their families, friends and the community.**