July 2023

 Day calendar of events

| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| --- | --- | --- | --- |
|  **3** **10-10:45****KENS GROUP/BRYNN****11-11:45****CALM GROUP/SHERI****1-2:00****Membership Meeting** **2-2:45****Special Events Committee**  |  **4** **Closed****Happy 4th of July** |  **5****10 – 10:45****MIND OVER MOOD/SHERI****11-11:45****LIFE SKILLS/BRYNN****11-2****Miller Nature Reserve****1-1:45****Fitness Challenge****2-2:45****Journaling Club** |  **6** **10 –10:45****ADDICTIONS /SHERI****11-11:45** **RELATIONSHIPS/ BRYNN****1-1:45****Safety from abuse****2-2:45****Weekly Check Out**  |
|  **10** **10-10:45****KENS GROUP/ BRYNN****11-11:45** **CALM GROUP/ SHERI****1-2:45****Movie** |  **11****10 –10:45****SOCIAL SKILL/BRYNN****11 – 11:45****AWARE/SHERI****1-1:45****Spanish Class****2-2:45****Support Squad** | **12****10 –10:45** **MIND OVER MOOD/ SHERI****11-11:45****LIFE SKILLS/ BRYNN****12:30-2:30****K-Cream Corner****1-1:45****Music On A Mission****2-2:45****Journaling Club** |  **13****10 –10:45****ADDICTIONS /SHERI****11-11:45** **RELATIONSHIPS/ BRYNN****1-1:45****Safety From Abuse****2-2:45****Weekly Check Out** |
|  **17** **10-10:45****KENS GROUP/ BRYNN****11-11:45** **CALM GROUP/ SHERI****1-1:45****Outreach Committee****2-2:45****Anger Management**  |  **18** **10 –10:45****SOCIAL SKILL/BRYNN****11 – 11:45****AWARE/SHERI****1-1:45****Spanish Class****2-2:45****Art** | **19****10 – 10:45****MIND OVER MOOD/SHERI****11-11:45****LIFE SKILLS/ BRYNN****11-2****Jamie's Flea Market****1-1:45****Fitness Challenge****2-2:45****Journaling Club** |  **20** **10 - 10:45****ADDICTIONS /SHERI****11-11:45** **RELATIONSHIPS/ BRYNN****1-1:45****Leadership Committee****1-1:45****Safety From Abuse****2-2:45****Weekly Check Out** |
|  **24****10-10:45****KENS GROUP/BRYNN****11-11:45****CALM GROUP/SHERI****1-1:45****Cooking Class****2-2:45****Art** | **25****10 – 10:45****SOCIAL SKILLS /BRYNN****11-11:45****AWARE /SHERI****1-1:45****Spanish Class****2-2:45****Bi-Polar Support Group** | **26****10 – 10:45****MIND OVER MOOD/SHERI****11-11:45****LIFE SKILLS/BRYNN****1-1:45****Kristine’s Crocheting Group****2-2:45****Journaling Club** |  **27** **Picnic at Lakeview** |
|  **31****10-10:45****KENS GROUP/BRYNN****11-11:45****CALM GROUP/SHERI****1-1:45****women's group****2-2:45****Bingo** |  |  |  |

**Expectations of Gathering Hope House Members**

**All members and employees follow the same set of expectations. As a member of Gathering Hope House there are certain expectations of my actions and behaviors.**

* I will show courtesy, respect and consideration to everyone, treating others with the same respect, kindness and equality I wish to be treated
* I will demonstrate concerns for others, for their feelings and their need to feel supported in their recovery
* I will exercise patience and tolerance with others; this refers to political, religious, sexual orientation and other differences people may have
* I will utilize a respectful tone of voice and courteous words in all my requests of members and staff, not yelling, swearing or using threatening language
* If I am experiencing a crisis, I will contact my case manager or call the **mobile crisis hotline (ESS) 800- 888-6161**. I understand Gathering Hope House are my peers, not mental health clinicians and are limited in what they can offer me during a crisis

**I will take responsibility for:**

* **Managing my own behavior** (my words, actions, choices) at all times. I will respect and follow the established guidelines concerning disruptive behaviors, group guidelines and all other policies of GHH, including the Member Manual
* **Respecting all member and staff boundaries,** especially when it comes to touching, hugging or grabbing others. I will ask before I try and hug or touch another person at Gathering Hope House, I understand there may be consequences for these behaviors
* **Communication** – to use care and consideration in my words, refraining from those which may be hurtful or demeaning. When conflicts arise, I will do my best to solve them directly and assertively, and will only go to staff after I have tried to resolve the problem myself. I will not bring other members into any conflicts I may have out of respect for their wellbeing.
* **Supplying my own needs** – I will refrain from asking members or staff for rides, money, cigarettes or other items. I am responsible for taking care of my own needs. Gathering Hope ensures members this is a safe place and members deserve to be free from harassment of any kind
* **Cleaning up after myself** – I will dispose of my own trash; I will treat all areas including bathrooms at GHH with respect and not leave a mess. If I need cleaning supplies to help me clean up, I will ask a staff member
* **Attendance** – I will try and be as active as possible, calling to cancel transportation or attendance in advance. I understand there are certain benefits of participating in activities and groups such as free meals, transportation and attending community outings, and **these are not guaranteed without participating in GHH programs**