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**