



Learning Community

MEETING 14 – GRAYLING

Wednesday, January 14, 2009 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Block Grant Brainstorming:**
- *Creating & distributing Recovery postcards/books/art projects*
 - *Recovery Calendar*
 - *Recovery Cookbook*
 - *Recovery Newsletter*
 - *Recovery Retreat/camp/resource fair/celebrations*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Obsessive-Compulsive Disorder ~ OCD)*
 - *Treat It, Don't Repeat It – Break Free from OCD*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for February Learning Communities
 - 2009 Schedule of Learning Community Dates
 - 2009 Schedule of Recovery Council Dates
- 3:00 **Adjourn**

Next Grayling Learning Community Meeting:
WEDNESDAY, February 11, 2009 1:00 PM – 3:00 PM

EXPECT RECOVERY:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination. ~*NLCMH Recovery Definition*



Learning Community

MEETING 14 – TRAVERSE CITY

Tuesday, January 20, 2009 / 1:00 PM – 3:00 PM

AGENDA

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Block Grant Brainstorming:**
- *Creating & distributing Recovery postcards/books/art projects*
 - *Recovery Calendar*
 - *Recovery Cookbook*
 - *Recovery Newsletter*
 - *Recovery Retreat/camp/resource fair/celebrations*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Obsessive Compulsive Disorder ~ OCD)*
 - *Treat It, Don't Repeat It – Break Free from OCD*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for February Learning Communities
 - 2009 Schedule of Learning Community Dates
 - 2009 Schedule of Recovery Council Dates
- 3:00 **Adjourn**

Next Traverse City Learning Community Meeting:
TUESDAY, February 17, 2009 1:00 PM – 3:00 PM

EXPECT RECOVERY:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination. ~*NLCMH Recovery Definition*



Learning Community
MEETING 14 – HOUGHTON LAKE
Tuesday, January 13, 2009 / 12:30 PM – 2:30 PM

AGENDA

- 12:30 **Welcome, introductions and celebrations, quick overview of agenda**
- 12:40 **Block Grant Brainstorming:**
- *Creating & distributing Recovery postcards/books/art projects*
 - *Recovery Calendar*
 - *Recovery Cookbook*
 - *Recovery Newsletter*
 - *Recovery Retreat/camp/resource fair/celebrations*
- 1:30 **Break**
- 1:40 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Obsessive Compulsive Disorder ~ OCD)*
 - *Treat It, Don't Repeat It – Break Free from OCD*
- 2:20 **Next steps, review of homework assignments, questions**
- Identify agenda topics for February Learning Communities
 - 2009 Schedule of Learning Community Dates
 - 2009 Schedule of Recovery Council Dates
- 2:30 **Adjourn**

Next Houghton Lake Learning Community Meeting:
TUESDAY, February 10, 2009 12:30 PM – 2:30 PM

EXPECT RECOVERY:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination. ~*NLCMH Recovery Definition*



Learning Community

MEETING 14 – CADILLAC

Friday, January 9, 2009 / 10:00 AM – 12:00 PM

AGENDA

- 10:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 10:10 **Block Grant Brainstorming**
- *Creating & distributing Recovery postcards/books/art projects*
 - *Recovery Calendar*
 - *Recovery Cookbook*
 - *Recovery Newsletter*
 - *Recovery Retreat/camp/resource fair/celebrations*
- 11:00 **Break**
- 11:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much do you know about your illness? (Obsessive Compulsive Disorder ~ OCD)*
 - *Treat It, Don't Repeat It – Break Free from OCD*
- 11:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for February Learning Communities
 - 2009 Schedule of Learning Community Dates
 - 2009 Schedule of Recovery Council Dates
- 12:00 **Adjourn**

Next Cadillac Learning Community Meeting:
FRIDAY, February 13, 2009 10:00 AM – 12:00 PM

EXPECT RECOVERY:

Recovery is a personal journey of hope, purpose and growth. It is the process of setting our own directions in life. We accept the responsibilities of meeting challenges, using our own abilities, strengths and determination. ~*NLCMH Recovery Definition*