



## Learning Community

### MEETING 11 – GRAYLING

Wednesday, October 8 10, 2008 / 1:00 PM – 3:00 PM

#### AGENDA

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Art Project:**
- *Making Positive Thought Index Cards*
  - *Positive Affirmations Handout For Examples*
- 1:40 **Examination & Evaluation Of A Recovery Resource**
- *Finding The Support You Need*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Depression)*
- 2:30 **Examination & Evaluation Of A Recovery Resource**
- *Helpful Hints To Help You Sleep*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for November Learning Communities
  - Art of Recovery Art Show And Reception
  - Candidate Forums
  - Cookbook Recipe Submissions
- 3:00 **Adjourn**

**Next Grayling Learning Community Meeting:**  
**WEDNESDAY, November 12, 2008 1:00 PM – 3:00 PM**



## **Learning Community**

### **MEETING 11 – TRAVERSE CITY**

Tuesday, October 21, 2008 / 1:00 PM – 3:00 PM

#### **AGENDA**

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Art Project:**
- *Making Positive Thought Index Cards*
  - *Positive Affirmations Handouts For Examples*
- 1:40 **Examination & Evaluation Of A Recovery Resource:**
- *Finding The Support You Need*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Depression)*
- 2:30 **Examination & Evaluation Of A Recovery Resource:**
- *Helpful Hints To Help You Sleep*
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for November Learning Communities
  - Art of Recovery Art Show And Reception
  - Cookbook Recipe Submissions
- 3:00 **Adjourn**

**Next Traverse City Learning Community Meeting:**  
**TUESDAY, November 18, 2008 1:00 PM – 3:00 PM**



## **Learning Community**

### **MEETING 11 – HOUGHTON LAKE**

Thursday, October 9, 2008 / 12:30 PM – 2:30 PM

#### **AGENDA**

- 12:30 **Welcome, introductions and celebrations, quick overview of agenda**
- 12:40 **Art Project:**
- *Making Positive Thought Index Cards*
  - *Positive Affirmations Handout For Examples*
- 1:10 **Examination & Evaluation Of A Recovery Resource:**
- *Finding The Support You Need*
- 1:30 **Break**
- 1:40 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Depression)*
- 2:00 **Examination & Evaluation Of A Recovery Resource:**
- *Helpful Hints To Help You Sleep*
- 2:20 **Next steps, review of homework assignments, questions**
- Identify agenda topics for November Learning Communities
  - Art Of Recovery Art Show And Reception
  - Candidate Forums
  - Cookbook Recipe Submissions
- 2:30 **Adjourn**

**Next Houghton Lake Learning Community Meeting:**  
**TUESDAY, November 13, 2008 11:30 PM – 1:30 PM**



# Learning Community

## MEETING 11 – CADILLAC

Friday, October 11, 2008 / 10:00 AM – 12:00 PM

### AGENDA

- 10:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 10:10 **Art Project:**
- *Making Positive Thought Index Cards*
  - *Positive Affirmations Handout For Examples*
- 10:40 **Examination & Evaluation Of A Recovery Resource:**
- *Finding The Support You Need*
- 11:00 **Break**
- 11:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Depression)*
- 11:30 **Examination & Evaluation Of A Recovery Resource:**
- *Helpful Hints To Help You Sleep*
- 11:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for November Learning Communities
  - Art of Recovery Art Show And Reception
  - Candidate Forums
  - Cookbook Recipe Submissions
- 12:00 **Adjourn**

**Next Cadillac Learning Community Meeting:**  
**FRIDAY, November 14, 2008 10:00 AM – 12:00 PM**