



## **Learning Community**

### **MEETING 15 – GRAYLING**

Wednesday, February 11, 2009 / 1:00 PM – 3:00 PM

#### **AGENDA**

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Examination of A Recovery Resource:**
- *Open Spaces DVD (Network 180 – Grand Rapids, MI)*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Seasonal Affective Disorder)*
- 2:20 **Anti-Stigma Block Grant Review and Input**
- Deb Freed
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for March Learning Communities
    - Balance Through Motion Demo
- 3:00 **Adjourn**

***Next Grayling Learning Community Meeting:  
WEDNESDAY, March 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 15 – TRAVERSE CITY**

Tuesday, February 17, 2009 / 1:00 PM – 3:00 PM

#### **AGENDA**

- 1:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 1:10 **Examination of A Recovery Resource:**
- *Open Spaces DVD (Network 180 – Grand Rapids, MI)*
- 2:00 **Break**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Seasonal Affective Disorder)*
- 2:20 **Anti-Stigma Block Grant Review and Input**
- Deb Freed
- 2:50 **Next steps, review of homework assignments, questions**
- Identify agenda topics for March Learning Communities
    - Balance Through Motion Demo
- 3:00 **Adjourn**

**Next Traverse City Learning Community Meeting:**  
**TUESDAY, March 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 15 – HOUGHTON LAKE**

Tuesday, February 10, 2009 / 12:30 PM – 2:30 PM

#### **AGENDA**

- 12:30 **Welcome, introductions and celebrations, quick overview of agenda**
- 12:40 **Examination of A Recovery Resource:**
- *Open Spaces DVD (Network 180 – Grand Rapids, MI)*
- 1:30 **Break**
- 1:40 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do you Know About Your Illness? (Seasonal Affective Disorder)*
- 1:50 **Anti-Stigma Block Grant Review and Input**
- Deb Freed
- 2:20 **Next steps, review of homework assignments, questions**
- Identify agenda topics for March Learning Communities
    - Balance Through Motion Demo
- 2:30 **Adjourn**

**Next Houghton Lake Learning Community Meeting:**  
**TUESDAY, March 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 15 – CADILLAC**

Friday, January 13, 2009 / 10:00 AM – 12:00 PM

#### **AGENDA**

- 10:00 **Welcome, introductions and celebrations, quick overview of agenda**
- 10:10 **Examination of a Recovery Resource**
  - *Open Spaces DVD (Network 180 – Grand Rapids, MI)*
- 11:00 **Break**
- 11:10 **Examination & Evaluation Of A Recovery Resource:**
  - *How Much do you know about your illness? (Seasonal Affective Disorder)*
- 11:20 **Anti-Stigma Block Grant Review and Input**
  - Deb Freed
- 11:50 **Next steps, review of homework assignments, questions**
  - Identify agenda topics for March Learning Communities
    - Balance Through Motion Demo
- 12:00 **Adjourn**

**Next Cadillac Learning Community Meeting:**  
**FRIDAY, March 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*