



## Learning Community GRAYLING

Wednesday, April 8, 2009 / 1:00 PM – 3:00 PM

### AGENDA

- 1:00     **Recovery Definition**
- 1:01     **Introductions and celebrations**
- 1:10     **Quick overview of agenda**
- 1:15     **Five Stages in the Recovery Process: A Framework for Dialogue**
- 2:00     **Break**
- 2:10     **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Personality Disorders)*
- 2:30     **Discussion about Grayling Groups**
- 2:50     **Next steps**
- *Review of homework assignments*
  - *Questions*
  - *May Agenda Planning*
    - *Balance Through Motion Demonstration ~ Sharon Studinger, OTR*
    - *Application for Renewal and Recommitment Update ~ Cindy Petersen*
- 3:00     **Adjournment**
- *Read Recovery Definition*

**Next Grayling Learning Community Meeting:**  
**WEDNESDAY, May 13, 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

TRAVERSE CITY

Tuesday, April 21, 2009 / 1:00 PM – 3:00 PM

### AGENDA

- 1:00     **Recovery Definition**
- 1:01     **Introductions and celebrations**
- 1:10     **Quick overview of agenda**
- 1:15     **Balance Through Motion Demonstration ~ Sharon Studinger, OTR**
- 2:00     **Break**
- 2:10     **Application for Renewal and Recommitment Update (ARR) ~ Cindy Petersen**
- 2:40     **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Personality Disorders)*
- 2:50     **Next steps**
- *Review of Homework Assignments*
  - *Questions*
  - *May Agenda Planning*
- 3:00     **Adjournment**
- *Read Recovery Definition*

**Next Traverse City Learning Community Meeting:**  
**TUESDAY, May 19, 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

HOUGHTON LAKE

Tuesday, April 14, 2009 / 12:30 PM – 2:30 PM

### AGENDA

- 12:30 **Recovery Definition**
- 12:31 **Introductions and Celebrations**
- 12:40 **Quick Overview of Agenda**
- 12:45 **Balance Through Motion Demonstration ~ Sharon Studinger, OTR**
- 1:30 **Break**
- 1:40 **Application for Renewal and Recommitment Update (ARR) ~ Cindy Petersen**
- 2:10 **Examination & Evaluation Of A Recovery Resource:**
  - *How Much Do You Know About Your Illness? (Personality Disorder)*
- 2:20 **Next steps**
  - *Review of Homework Assignments*
  - *Questions*
  - *May Agenda Planning*
- 2:30 **Adjournment**
  - *Read Recovery Definition*

**Next Houghton Lake Learning Community Meeting:**  
**TUESDAY, May 12, 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

CADILLAC

Friday, April 17, 2009 / 10:00 AM – 12:00 PM

### AGENDA

- 10:00 **Recovery Definition**
- 10:01 **Introduction and celebrations**
- 10:10 **Quick Overview of Agenda**
- 10:15 **Balance Through Motion Demonstration ~ Sharon Studinger, OTR**
- 11:00 **Break**
- 11:10 **Application for Renewal and Recommitment Update (ARR) ~ Cindy Petersen**
- 11:40 **Examination & Evaluation Of A Recovery Resource:**
- *How Much Do You Know About Your Illness? (Personality Disorders)*
- 11:50 **Next steps**
- *Review of Homework Assignments*
  - *Questions*
  - *May Agenda Planning*
- 12:00 **Adjournment**
- *Read Recovery Definition*

**Next Cadillac Learning Community Meeting:**  
**FRIDAY, May 8, 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*