



## **The Connection Center**

A place of recovery, unity and support for individuals with mental illness that concentrates on strengths and aids in the development of social networks, coping skills, therapeutic leisure activities and job skills.

**Location:** 194 S. Main St. Bowling Green, OH 43402

**Phone:** 419-354-4200

**Hours:** 9am-4pm Monday-Friday. Saturday Activities once a month.

Below is a listing of some of our most popular and newest groups at the Center:

### **Staff Facilitated Groups**

**Morning Meetings-** Monday through Friday 11-11:15am

-A short meeting to discuss what is going at the Center that day and reminders of upcoming activities.

**Walking/Exercise Group-** Monday and Wednesday 10-11am

-A relaxing and fun 2 mile walk from the Connection Center to the City Park, 2 laps around the park and back to the Connection Center.

**Individualized Computer Lessons-** Mondays and Tuesdays 2-3pm

-Learn how to use basic computer programs: Word, Publisher, Excel, Email Internet, Facebook, and Picture Applications to build marketable computer skills or improve social networks.

**Current Events Group-** Tuesdays 1-2pm

-A discussion group about current events. Learn what's going on in the world today and how it applies to you.

**Writers Group-** Thursdays 10-11am

-Share your writings, learn new words, and discover new writing techniques.

**Short-Story Group-** Fridays 10-11am

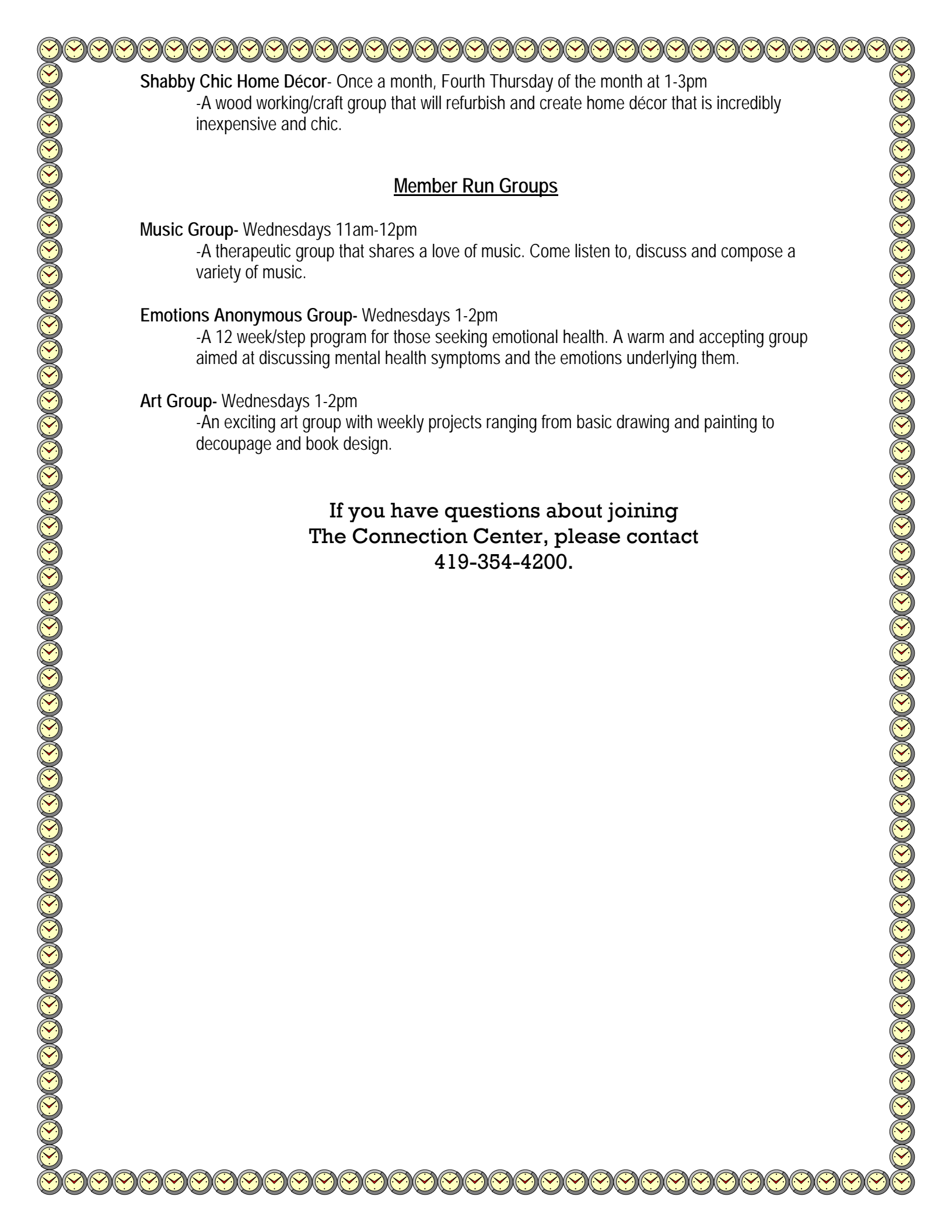
-An oral story-telling session where stories are read aloud then discussed.

**Job Club-** Fridays 11am-12pm

-A support group about employment; for those who are working and need a little support and resources for those searching for work or just starting the process.

**Photography Group-** Once a month, Third Wednesday of the month at 2-3pm

-A unique group dedicated to the art and discussion of photography. Learn how to take pictures, develop pictures, and format pictures.



**Shabby Chic Home Décor-** Once a month, Fourth Thursday of the month at 1-3pm  
-A wood working/craft group that will refurbish and create home décor that is incredibly inexpensive and chic.

### Member Run Groups

**Music Group-** Wednesdays 11am-12pm  
-A therapeutic group that shares a love of music. Come listen to, discuss and compose a variety of music.

**Emotions Anonymous Group-** Wednesdays 1-2pm  
-A 12 week/step program for those seeking emotional health. A warm and accepting group aimed at discussing mental health symptoms and the emotions underlying them.

**Art Group-** Wednesdays 1-2pm  
-An exciting art group with weekly projects ranging from basic drawing and painting to decoupage and book design.

**If you have questions about joining  
The Connection Center, please contact  
419-354-4200.**