

DWIHN Customer Service Department
Keeping you up-to-date since 2007

WHAT'S COMING UP!

January 2020

January is “National Mentoring Month”

*Become a mentor in your community, school, church or at work.
By listening, offering friendship, guidance and encouragement to a young
person, you will both benefit from the experience.”*

- January 11 **Downtown NAMI Support Group**, a chance to discuss whole health issues and finding strength in Recovery; second Saturday of each month. 12:30pm-3pm. Sacred Heart Activity Building, Activity Conference Building, 3451 Rivard, Detroit 48207, contact Zoe Williams 313 784-9391
- January 11 **Family Health Clinic**, every 2nd Saturday of each month. Free dental services, blood work, free healthy food items. 10am-4pm; Islamic Institute of Knowledge, 6345 Schaefer Road, Dearborn 48126
- January 14 **YOGA**, stretch your mind and body. The 2nd and 4th Mondays of each month. Free. 11:30am. Our Place Drop in Center, 12285 Dixie Street, Redford 48239. Info call 313 543-3393
- January 15 **NAMI Family Support Group**, caring group who utilizes their lived experience to help others. 3rd Wednesday of every month. 7pm. Henry Ford Wyandotte Hospital, 5th floor, room #5, Wyandotte, 48192. Info: call Shirley 313 292-3324
- January 15 **Hearing Voices Network**, a time and place to talk about hearing voices, without fear or judgment. Mutual support, friendship and exploring your experiences. Every Wednesday, 11:30pm. Our Place Drop-In, 12285 Dixie St., Redford 48239; www.hearingvoicesusa.org
- January 15-31 **Section 8 Housing**, applications being accepted for 2 weeks by the Taylor Housing Commission. On February 1st, 500 random applications will be chosen. Pre-applications can only be submitted online through this website: www.taylorhousing.org
- January 16 **Wellness Self-Management**, all about mental health, recovery, barriers and how to overcome them. Wellness conversation in a friendly informal setting. Every Thursday from noon to 1pm. Our Place Drop in Center, 12285 Dixie St., Redford 48239. Info call 313 543-3393
- January 17 **Constituents Voice Meeting**, members and guests welcome to meet and make recommendations for programs and improvements in the Detroit-Wayne mental health system. 10am-noon; DWIHN, 2nd Floor, 707 W. Milwaukee, Detroit 48202

- January 17 **DBSA (Depression & Bipolar Alliance)** meeting the first and third Friday of each month to discuss issues and steps toward Recovery, 11:30am; Our Place Drop-In Center, 12285 Dixie Street, Redford 48239; call 313 543-3393 for information
- January 17 **The Roaring ‘20’s New Year’s Celebration**, dinner and dancing and fellowship. 430pm-7pm. \$5. The Arc Detroit, 51 W. Hancock, Detroit 48201. RSVP to Jackie 313 831-0202
- January 21 **Youth MOVE Detroit Advisory Council**, for ages 14-25. Help make suggestions and decisions that impact services provided youth in Detroit and Wayne County. Training opportunities; Free. Today and every 3rd Tuesday; 5pm-630pm; Children’s Center, 79 West Alexandrine, Detroit 48201
- January 29 **EVOLVE**, an event open to anyone who wants to be in the driver’s seat of their care. Light lunch provided. Topics: “2020 Census and Self-Determination.” 11am-130pm Rsvp: rspruce@dwihh.org or call 313 344-9099 extension. 3235 by January 23
- February 19 **Tri-County Peers Connect**, breakfast meeting. Topic to be announced. 8:30am-noon; Free, but registration required. Oakland Community Health Network, 5505 Corporate Drive, Troy48098 RSVP: www.oaklanchn.org/training/trainingschedule
- March 23-27 **Regional Peer Support Certification Training**, an opportunity for peers who are already employed to become state-certified as Peer Support Specialists. All week training which must be paid for by your employer. Sacred Heart Major Seminary, 2701 Chicago, Detroit 48206. Applications: skuhlman@dwihh.org
- April 9 **Autism Conference**, details to be announced. Hilton-Doubletree Hotel, 5801 Southfield Expressway, Detroit 48228
- May 14 **16th Annual Walk a Mile In My Shoes Rally**, many advocates gather to educate the public and our legislators about behavior health issues and intellectual and developmental disabilities. Mental Health Matters! Capitol Building, Lansing
- May 21 *save the date!* **13th Annual Life Without Limits Conference**, hosted by United Cerebral Palsy of Metro Detroit. A conference designed to provide assistive technology resources and information for all disabilities. For educators, therapists, parents, persons with disabilities and other professionals. 9am-3pm. Doubletree by Hilton Hotel, 5801 Southfield Fwy, Detroit 48228. More details to follow