

JAK's Place – 820 Egg Harbor Road, Sturgeon Bay Phone: (920) 818-0525 E-mail: jaksplace@att.net
A resource center for anyone affected by mental illness, encouraging a caring atmosphere focused on the hopes, needs, goals and gifts of all who come through our door.

What's Happening:

NAMI Love Festival Concert

Thank you to all the performers and volunteers that made our benefit a huge success on Valentine's Day. Our audience appreciated the wonderful musical talents and gave standing ovations to each group. As of February 20th we have received \$4,511....more than enough to qualify for the match from Door County Thrivent Financial for Lutherans.

Door prizes this year went to the following lucky members of the audience:

- Andre's Food & Spirits – gift certificate to Elizabeth Anderson
- Donny's Glidden Lodge – gift certificate to Althea Logerquist
- Door County Confectionery – gift basket to Betty Carstens
- Door County Tea & Coffee Inc – gift basket to Louise Snow
- First Impressions – gift basket & gift certificate to Heather Lien

Join us next year at this time to celebrate our 5th Annual Love Festival Concert!



Leslie Hill leads the T.J. Walker 6th Grade Singers
 Allin Walker and assistant draw names for door prizes
 Marina Gittens, violin soloist extraordinaire

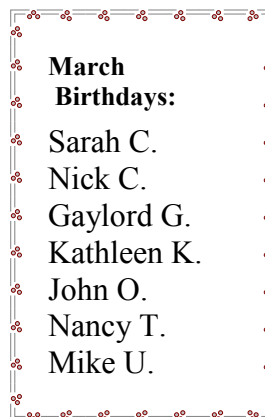


Thanks to...

NAMI Door County has received donations from:



- Pat Willem in memory of Helen & Fred Lockwood, and Jonah Klapatch
- Margaret Lockwood in memory of Dr. David Boyd
- Pat & Neil McCarty in memory of Catherine Lockwood Whaley
- A Rotary Donation of \$1,000. to help 'winterize' JAK's Place
- A grant in the amount of \$700. from the Ruth Endowment Fund of Bay View Lutheran Church in support of 'Faith in Recovery'. This grant will help us to make purchases for the Lockwood Family Library to be used for the weekly consumer support group that meets every Friday afternoon and is facilitated by Marlys Trunkhill, Spiritual Director.



March Birthdays:

Sarah C.
 Nick C.
 Gaylord G.
 Kathleen K.
 John O.
 Nancy T.
 Mike U.

*"A light exists in Spring
 Not present in the year
 at any other period
 When March is scarcely here."
 - Emily Dickinson*

GARDENERS! GARDENERS!
 Spring is around the corner. Sign up for the first Garden group meeting, date and time to be announced. Our gardens will flourish again.

NEW TO OUR LIBRARY
BRAIN – The Complete Mind, How it Develops, How it Works, and How to Keep it Sharp by Michael S. Sweeney.
 We are grateful to Joy Lang for donating this National Geographic book to our library.

JAK's Place
820 Egg Harbor Road
Sturgeon Bay, WI 54235

Return service requested

Grassroots Empowerment — Let's Organize

On Thursday February 4th Local consumers met with Molly Cisco to discuss the creation our own advocacy group. Molly asked us what specifically our group wants to do. The focus of our group will be Recovery. Concerns will include being able to live with a reasonable quality of life. Supports and Resources are important. Other concerns that we will address include having balance and being accepted for who we are. The issue of poverty in the mentally ill population is also a primary focal point. Consumers need more access to substantial, meaningful employment. Watch for info on our next meeting!

Monday March 8

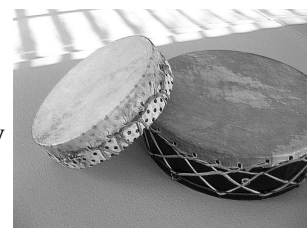
NAMI Door County

6:00 pm Care & Share Support Group

7:15 Monthly Meeting

**Guest Presenter - Jeanna Graul
of Bay Counseling: "Coping with
Depression"**

Do-it-yourself therapy
without medication — join
our drum circle every
Thursday at 4:00. Come early
if you can. All you need is
your ears, hands, and heart.



Meetings and Events

NAMI general meeting — Monday, March 8, 7:15, 6pm, at JAK's. Guest Presenter - Jeanna Graul of Bay Counseling: "Coping with Depression"

NAMI — Open Support Group:

Second and Fourth Mondays, March 8 and 22, 6pm, at JAK's.

N.E.W. Curative's **Supported Employment Job Club**, March 22 at 3pm (4th Monday of every month).

Visit www.jaks-place.com for updates

JAK's Place schedule at a glance:

Monday: 1—5

Wednesday - Thursday -

Tuesday: 1—7

Friday - 1—5

Tuesdays — Art group, 2:30-4:00

Dinner is at 5:00. Prep starts at 2:00. Cleanup at 6:00
Sign up well ahead for the March 16 St. Pat's Day dinner — space is limited!
Reserve a place by Monday.

Tai Chi — Mondays, at 2:00

Drum Circle — Thursdays, 4:00

Faith in Recovery — Fridays, 1:00-2:00

Closed Saturdays and Sundays

