

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:**

**Lockwood Family Library News**

NAMI purchased three books for the Lockwood Family Library, made possible by the Ruth Endowment Fund. They are:

- ***Wrestling with our Inner Angels: Faith, Mental Illness and the Journey to Wholeness*** by Nancy Kehoe. Nancy Kehoe was one of the presenters at **Caring for the Soul Conference** in 2004. She is a Clinical instructor at the Cambridge Health Alliance, affiliated with Harvard Medical School, and a nun in the **Society of the Sacred Heart**.
- ***Nothing Was the Same*** by Kay Redfield Jamison. Jamison, a professor of psychiatry at the Johns Hopkins University School of Medicine, is the author of ***An Unquiet Mind, The Fire Within, and Night Falls Fast***. Jamison has written of her personal struggle with Bipolar Disorder. Her current book is a memoir on her life with husband Richard Wyatt, a leading schizophrenia expert, who died of cancer.
- ***Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder*** by Russ Federman, PhD and J. Anderson Thomson Jr., M.D. This is a self- help book written by practitioners with more than thirty years of experience working with university students. It addresses the concerns that hopes, dreams and career options may have irrevocably changed. It includes checklists; a sleep, mood and energy chart, and personal stories as examples for handling challenges.

**Thanks to...**

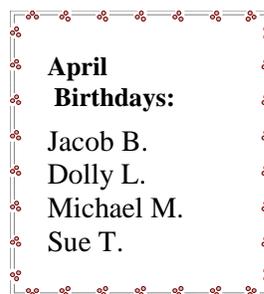
- Thomas & Barbara Lundgren, for their gift in memory of Dr. David Boyd
- Baylake Bank, for recent donation



If you haven't seen the newly renovated kitchen at JAK'S Place, please stop in and share our appreciation and excitement for the very efficient and workable counter space we enjoy while preparing the Tuesday night meals. A huge Thank You goes to the Board for the approval and support of the project. A special "Thank You" to the Church of Atonement, Fish Creek, for their financial support. Thank You also to Habitat for Humanity for their gifts of labor and cabinets which are beautiful and appreciated by all. You are the greatest!

Thanks to Gabriele and all the volunteers for their vision and tenacity in keeping the project before us to the finish. You will never know how much smoother the prep and cleanup goes on Tuesday and how much we appreciate what we have. We don't labor on dishwashing nearly as long as we once did, thanks to the dishwasher!

*~ Gabriele, Dolly, and all the Tuesday Volunteers ~*



A thousand generations of shamans can't be all wrong. Try our Drum Circle, every Thursday at 4, for a calming uplift.

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**Garden of Hope – 2010**  
 Volunteers are needed to work in the garden this summer. We plan on adding a couple more vegetable beds in the back yard and transplanting red raspberry bushes. To date we have not received funding to support this project, hence the greater need for volunteers.  
 Laura has agreed to teach the necessary skills and organize the workers. We will have one paid position available that will include the lawn care, trimming of shrubs, heavy labor, and watering the beds. Anyone interested in this position, which is approximately 4-5 hours per week, should contact JAK's Place 818-0525 to arrange an interview.  
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JAK's Place  
820 Egg Harbor Road  
Sturgeon Bay, WI 54235

*Return service requested*

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### **FAITH IN RECOVERY RECEIVES RUTH ENDOWMENT GRANT**

Faith in Recovery will begin a 12 week program on Friday April 9<sup>th</sup>. We recently received a grant from the **Ruth Endowment Fund** to increase our library on mental illness and also to purchase copies of *The Freedom from Depression Workbook* for each participant. This is a very practical 12-part plan to define and identify depression, understand mental and physical factors of depression, and develop keys to lasting change.

Many of you participated in the six week classes on Depression several years ago when we used *In the Shadow of God's Wings* by Susan Gregg-Schroeder. Members of Faith in Recovery may want to review Susan's book as a preparation for the 12 sessions on Freedom from Depression.

**Please let Marlys know ASAP if you plan on attending the classes. We have received 9 copies but if need be can order more.**

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### **Meetings and Events**

**NAMI general meeting** — Monday April 12, 7:15  
at JAK's. Guest Presenter - Amy Jahnke,  
speaking about Help of Door County

**NAMI — Open Support Group:**  
Second and Fourth Mondays, April 12 and 26,  
6pm, at JAK's.

**Faith in Recovery** — Fridays, 1:00-2:00  
Except Good Friday, April 2

N.E.W. Curative's **Supported Employment Job Club**, April 26 at 3pm (usually 4th Monday of every month).

Visit [www.jaks-place.com](http://www.jaks-place.com) for updates

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### **JAK's Place schedule at a glance:**

Monday: 1—5      Wednesday - Thursday -  
Tuesday: 1—7      Friday - 1—5

**Art group** Tuesdays, 2:30-4:00

**Tuesday Dinner** is at 5:00. Prep starts at 2:00. Cleanup at 6:00. PLEASE SIGN UP AHEAD so that we can plan how much to cook.

**Tai Chi** — Mondays at 3:00

**Drum Circle** — Thursdays 4:00  
Anyone is welcome—plenty of drums.

**Closed Saturdays and Sundays**  
**Closed Monday, April 5**

