



24-hour toll-free crisis line
888-527-1790

Ionia Office
 375 Apple Tree Drive
 Ionia, MI 48846
616.527.1790

Hours:
 Mondays-Thursdays
 -8am-7pm
 Fridays-8am-5pm

Belding Office
 7441 Storey Road
 Belding, MI 48809
616.527.1790

Mondays and
 Wednesdays-8am-6pm
 Tuesdays and Thursdays
 -8am-7pm
 Fridays-8am-5pm

Portland Office
 208 West Bridge Street
 Portland, MI 48875
517.647.2128

Closed 12-1pm
 Mondays-8:30am-7pm
 Tuesdays-Fridays
 -8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
 Wednesdays DDHS, Fridays Samaritas

Website:
www.rightdoor.org



MED LINE: 616.775.1023
Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
 Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



For years we have been heading away from the old towards the new, from shopping in stores to the convenience of online with home delivery that COVID and Amazon (and others) have made possible. We've seen libraries and print advertising and media become dinosaurs falling by the wayside in favor digital search engines, social media platforms, kindle and cousins, blogs, chat rooms, podcasts, so on and so forth. And while technological advances are indeed incredible, some of our older, isolated, rural population may suffer if they are not familiar with, or comfortable embracing the changes.

Recently, the last Ionia County Shoppers Guide published its last issue in May. In it was a fairly comprehensive list of community resources and events happening in each town throughout the county all in one place. In fact, I myself have used it as one of the sources for coming events in The Connection. For those of you who are new to the area or unsure of community events, check a few of the others I scout out on the next page. And don't get me wrong—cyberspace is the present and future. But it's going to take a lot more digital searching and time to find those same coming events listed in that one stop, old dinosaur.



Member of:



Mid-State Health Network

ALZHEIMER'S & BRAIN AWARENESS MONTH



ALZHEIMER'S DISEASE
MISUNDERSTOOD, MYSTERIOUS
AND DEADLY

FIVE FACTS YOU MAY NOT KNOW ALZHEIMER'S IS:

- ⌘ Fatal
- ⌘ Incurable
- ⌘ The 6th leading cause of death in America
- ⌘ The leading cause of dementia
- ⌘ More than just memory loss

EVENT SOURCES

How do I find local or community events? I search:

Social Media

Check a number of ways:

i) Local Events ii) Town or Community Groups like Saranac Happenings, Lyons Muir Event Committee, Ionia Downtown Development Authority to name a few

Chamber of Commerce

(for each town) and check their events or calendars

Libraries (each town)

Specific resources to find their personal events like:

Commission on Aging, Eight Cap, MSU Extension, The Port, The Wagon Wheel, West Michigan Feeding America, more

Associations, Departments or Groups:

The Lake Odessa Fair, Ionia Free Fair, Farm Power of Ionia, Great Start Collaborative of Ionia County, Lions Clubs, more

Online newspapers: Ionia Sentinel Standard, The Daily News...



FARMER'S MARKET

6/14, 7/12, 9/13

Silk City Market, 9am-1pm, The Gathering Place, Belding

Tuesday, Sassy Rooster Farmers Market, 4-7:30pm, (Southwest corner Nash/Grand River)

Replaces the market at Saranac Train Depot.

Thursday, Lyons Farm Market, 3-6pm, Lyons Pavillion

Saturday, Ionia Farmers Market, 9am-2pm, across from the fairgrounds

Saturday, Red Mill Pavillion, 9am-1pm, Portland

1st Annual

Michigan Food Truck and Craft Beverage Festival

June 21st, 12-6pm, Ionia Fairgrounds

Artisan Market and Music





MONTH LONG AWARENESSES:

Alzheimer's and Brain Awareness Month

Children's Awareness Month

LGBTQ+ Pride Awareness Month

Family Unification Month

Men's Health Awareness

Myasthenia Gravis Awareness

Or gMG is a chronic, rare autoimmune disease that impacts the neuromuscular system. It affects more than 71,000 people in the United States.

National Migraine/Headache Awareness

National Aphasia Awareness

National Immigrant Heritage Month

National Cytomegalovirus Awareness

Cytomegalovirus is a common herpes virus that affects humans and primates. Most people do not show symptoms and is fought off by healthy immune system which protect them. Unlike Herpes II, it is not an STI. It is spread by bodily fluids like blood, saliva, semen, tears or prolonged contact with genital lesions.

National Safety Month

National Scleroderma Month

Scleroderma is perhaps one of the most complex chronic autoimmune diseases affecting approximately 300,000 Americans and millions worldwide. "Sclero" (or hard) and derma" (skin) literally means hard skin where the body produces excessive collagen which can infiltrate the lungs, heart, kidney, digestive system and blood vessels creating a cascade of complications that vary from person to person. The condition which predominantly affects women age 30 to 50 currently has no cure.

National Scoliosis Awareness Month

PTSD Awareness Month

- 2, 3, 5, **PEER LED**, Chair Yoga, 9:30am, Ionia TRD
- 9, 10, 12, 16, 17, 19, 23, 24, 26, 30
- 2, 9, **PEER LED**, The Connection Space, 11am, 16, 23, 30 Ionia TRD
- 2, 9 **PEER LED**, Life Skills, 1:30pm, Ionia TRD
- 16, 23, 30
- 2, 16 **PEER LED**, LGBTQIA+ Group, 3pm, Ionia 30 TRD
- 2, 9, **PEER LED**, Game Night, 4pm, Ionia TRD
- 16, 23, 30
- 3, 10, **PEER LED**, Gardening Group, 11am, Ionia 17, 24 TRD
- 3, 4, 6, **PEER LED**, Fitness, 1:30pm, Ionia TRD
- 10, 11, 17, 18, 20, 24, 25, 27
- 4 **PEER LED**, Better Days Ahead, 9:30am, Ionia TRD
- 4 **PEER LED**, Wii Fit, 10:30am, Ionia TRD
- 4, 11, **PEER LED**, The Great Outdoors Group, 2pm, 18, 25 various locations
- 5, 12, **PEER LED**, Building Better Boundaries, 11am, 19, 26 Ionia TRD
- 5, 10, **PEER LED**, Fitness, Ionia Fitness, 2:30pm
- 12, 17, 19, 24, 26
- 6 **PEER LUNCHEON**, Pride Panel Discussion, 11am-1pm; Pride Event, 1-3pm, Ionia TRD. Wear you rainbow clothes (optional)
- 10, 17, **PEER LED**, Volunteer Group, 3:30pm, Ionia 24 Theater (3:15pm on the 29th)
- 10, 24 **PEER LED**, Better Days Ahead, 1pm, Portland TRD
- 13 **PEER LED**, A Pokémon Go Summer, 1-3pm. Meet at Ionia TRD
- 17 **PEER LED**, Bingo, 1:30pm, Burger King
- 17 **TRD Committee of the Whole**, 4-6pm, Ionia TRD
- 18 **PEER LED**, Self Love, 11:30am, Ionia TRD
- 18 **PEER LED**, Denny's Farm Market Trip, 2:30pm. Meet at Ionia TRD
- 19 Juneteenth
- 19, 26 **PEER LED**, Social Skills 11am, River's Edge Drop In Center
- 20 **First Day of Summer**
- 24 **TRD Board Meeting**, 4-6pm, Ionia TRD
- 25 **PEER LED**, Crafts, 9:30am, Ionia TRD
- 25 **PEER LED**, Train Your Brain, 11am, Ionia TRD
- 27 **PEER LED**, Fruit Picking, 11am. Meet at Ionia TRD

Rotary Club of Ionia Presents the 13th annual

UNCLE SAM JAM

Music by We Three Strings!
Friends, food, Beer Tent, fireworks, & live music!
Free Face Painting for the kids!



 **Thursday, June 26th**

 **6:00 PM**

 **Ionia Free Fair E-Park**





Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **NAMI** 1-800-950-6264
(NAMI Michigan) 1-517-485-4049
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and**
Nutrition Assistance Program 1-800-225-5942



Peer Luncheon and PRIDE Panel Discussion,
11am-1pm, **PRIDE Event,** 1-3pm, Ionia TRD.



Peer Led
Denny Farms
Market Trip

June 18th

Meet at
Ionia TRD
2:30pm



Have suggestions?

Email the editor at sferris@rightdoor.org



National PTSD Awareness Month

Not All Wounds Are Visible

www.ptsd.va.gov

PTSD: KNOW THE SIGNS. TAKE ACTION.

What is PTSD? Post-traumatic stress disorder is a mental health condition that some people develop after experiencing or witnessing a traumatic event such as combat, a natural disaster, a car accident, or sexual assault.¹

PTSD By the Numbers

8 MILLION

About 8 million people in the United States currently live with PTSD.²

94%

94% of Airmen who received PTSD treatment continued to progress in their career.³

2.5x

Women are 2.5x more likely to develop PTSD than men.⁴

Signs & Symptoms

- | | |
|---|--|
|  Flashbacks |  Poor self-care |
|  Irritable, frustrated, angry |  Feeling anxious |
|  Trouble with memory and attention |  Trouble sleeping, insomnia |
|  Fatigue |  Feeling depressed |

Evidence-Based Treatments for



Many proven PTSD treatments are available, such as:

- Prolonged Exposure Therapy (PE)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization & Reprocessing (EMDR)
- Stress Inoculation Training
- Treatment with specific medications effective in PTSD

Where To Get Help

A variety of resources are available to service members and their families. If you are experiencing a crisis, seek immediate help, contact the Military Crisis Line at 800-273-8255 then press 1, or dial 911.



Trusted Advocates

Communicate with those you trust. Family members, fellow peers, and Command Leadership are there for support through challenging times.



Chaplains

On base services for all Airmen and Guardians, regardless of religious beliefs. Contact the unit chaplain or after duty hours, contact the Command Post and request the duty chaplain.



Military Treatment Facility (MTF)

On base facilities that offer short- and long-term medical treatment options. Contact the local MTF to schedule an appointment.



Military OneSource

Provides health and wellness resources and 24/7 confidential help.
☎ 800-342-9647
💻 Chat online at www.livechat.militaryonesourceconnect.org/chat



Military and Family Life Counseling (MFLC) Program

Located on base at A8FRC and offers short-term counseling to service members and their families for various life skills. MFLC does not provide medical treatment. Contact the local A8FRC to use MFLC services.



National Center for PTSD

Information resource within U.S. Veteran Affairs and the world's leading research and educational center of excellence on PTSD and traumatic stress.
🌐 www.ptsd.va.gov



Military Crisis Hotline

Connects service members and families in crisis with trained counselors 24/7.
☎ 800-273-8255, then press 1 | 💻 Text 838255
💻 Chat online at www.veteranscrisisline.net/get-help/military-crisis-line



Vet Centers

Offers confidential social and counseling services for service members and families.
☎ 877-927-8387 | 🌐 www.vetcenter.va.gov



Learn more about invisible wounds and resources at www.ReadyAirmen.com

¹ U.S. Department of Veterans Affairs. PTSD Basics. http://www.ptsd.va.gov/public/ptsd_basics/ptsd_basics.asp

² National Center for PTSD. PTSD Basics. http://www.ptsd.va.gov/public/ptsd_basics/ptsd_basics.asp

³ U.S. Air Force School of Aerospace Medicine. <http://www.afsam.af.mil/Portals/0/AFSAM%20Annual%20Report%202019.pdf>

⁴ U.S. Department of Veterans Affairs. PTSD in Women. http://www.ptsd.va.gov/public/ptsd_basics/ptsd_basics.asp



BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools.* Food accessed once a month.

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday Wednesday and Friday, 11am-1pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesdays 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velle, (269) 838-5887.

Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years



6/2

2 pm, Walk up,
Central UMC, Lake Odessa

6/2

6 pm, Drive Through,
Twin Rivers Elementary, Muir

6/10

4:30 pm, Drive Through,
Zion UMC, Ionia Fairgrounds

6/14

10am, Drive Through,
Mount Hope Church, Portland

6/17

6 pm, Drive Through,
Hubbardston American Legion

6/20

4:30 pm, Drive Through,
Belding High School

6/25

5pm, Drive Through,
Shiloh Community Church, Orleans

6/26

4:30pm, Drive Through,
Saranac Community Church



West Michigan Farmer's Markets

Denny Farms,
6588 Jordan Lake
Road, **Saranac**
(616) 527-1531
May-December

**Hanulcik Farm
Market**,
1425 North State
Road (M66), **Ionia**
(616) 527-3630
June-October
(U-pick strawberries,
peaches, apples)

Pierson Orchards,
5348 North State
Road (M66), **Ionia**
(616) 527-4847
May-October

COMMUNITY RESOURCES



Alvah N. Belding Library, Main Street.
(616) 794-1450
www.alvahnbeldinglibrary.org

Belding Community Education
(616) 794-4646

Adult/alternative education, teenage parent program, enrichment program, English as a second language and G.E.D. prep classes

Belding Dial-A-Ride/Bel-Hop
(616) 794-3278



HUBBARDSTON

Hubbardston American Legion, 165 Lincoln Avenue,
(989) 981-6527

Department of Health and Human Services

920 E. Lincoln, Ionia (616) 527-5200
(616) 527-1790

Ionia County Commission on Aging
115 Hudson Street, Ionia
(616) 527-5365

iccoa@ioniacounty.org

- Nutrition Programs
- Friendship Dinner Sites, Senior and Congregate Meals
- Home delivered Meals on Wheels
- Health and wellness programs like Fitness, Armchair Exercise,
- In-home assistance services
- Supportive services
- Third Tuesday Each Month, Alzheimer's Caregiver Support Group, 11:30am-12:30pm.
- Programs like Tai Chi, in person or zoom, Euchre, Painting Group



Ionia Community Library, Main Street,
(616) 527-3680

www.ioniacommunitylibrary.org

Ionia Literacy Council (616) 389-8529
www.ioniacountyliteracycouncil.org

Free tutoring to adults in reading, math and English as a second language

Federal Student Aid-FAFSA Finances
(800) 968-9710

Heartlands Institute of Technology
(616) 527-6540

Trade focused programs for Ionia County secondary students

Montcalm Community College
(989) 328-2111

Offers Associates Degrees in Liberal Arts and Occupational programs online and in person in Ionia, Greenville, Sidney, Howard City. Job training programs offered as are on site workplace training

(MICAN) Montcalm Ionia College Access Network

(616) 527-4900 Post high school guidance for community college, universities, military, trade/vocational/technical schools

Michigan State University Extension

(616) 527-5357 4-H programming for youth 5 to 20 years old, plus adult/senior nutrition planning, wellness programs, budgeting skills, home foreclosure prevention, more

Walking Rails to Trails

www.traillink.com>FindTrails>Michigan
trails and maps, Ionia County

RAVE—Relief After a Violent Encounter

24-hour 1-800-720-7233 www.raveim.org

Offers free and confidential services to survivors of domestic and sexual violence as well as victims of homelessness

Soaring Above Ionia Teen Center

318 Jefferson Street (616) 523-4570

Tony Balice Walk-In Care Clinic

550 East Washington Street, First floor
(616) 523-1644

United Way Montcalm-Ionia Counties

2-1-1 (800) 887-1107 or (616) 794-9840

Help with food, housing, paying bills, taxes. Support for family crisis/community disaster

University of Michigan-Sparrow Ionia,
(616) 523-1400



June 13-15, Ionia Fairgrounds

Adult and kid tractor pulls, pie competition and judging contest, kids zone, quilt exhibition, silent auction,

vendors, food, classic car cruise in, camping, music.

Ionia County Dial-A-Ride/I-Dart
(616) 527-4000



LAKE ODESSA

First and Third Mondays, Bingo,
6pm, VFW, (616) 374-7075

Lake Odessa Library,
(616) 374-4591

www.lakeodessalibrary.org. Family
Storytime, Yoga, Stem, Crafts, Games,
other programs

Monday and Thursday, AA
Meeting, 7pm, St. Edwards Church
(616) 902-9001

Thursday, Area Alanon Meeting,
10-11am, Lakewood United Methodist
Church (616) 575-8000

Sundays, Old Time Country
Music Shows, 3pm Bob's Barn
Jamborees, Johnson Street, Lake
Odessa. Open mic 4:30pm
bobwarner40@gmail.com



City of Portland (616) 647-7531

Portland District Library,
(517) 647-6981
www.pdl.michlibrary.org

**Portland Alternative/
Community Ed (517) 647-2987**

Dale Hyland American
Legion, 7pm, at VFW, second
Monday each month

Portland Senior Center,
Mondays, Bingo 6pm and Fridays
9:30am, Tuesdays and Thursdays,
Euchre, 1pm (517) 647-4004

Thursday, TOPS (Take Off
Pounds Sensibly), 6-7:30pm,
Portland District Library
(517) 647-2025

Wednesday, Area Allanon
Meeting, 10-11am, First
Congregational Church
(616) 575-8000



LYONS-MUIR

Lyons Township District Library
(989) 855-3414.

Storytime, Knitter's Circle, Writers
Group, Crafts, Games, Caregiver Corner,
Sip and Read Book Club,
www.lyonsmichlibrary.org

Village of Lyons (989) 855-2125

Village of Muir (989) 833-2144

Music IN THE
PARK

EAST RIVERSIDE PARK. BELDING. MI

Every Thursday, to September, 7-8:30 pm



90th

LAKE ODESSA FAIR June 18-22

Adult straw stacking contest, adult/youth
Dodgeball/Sand Volleyball competitions,
two Derby Nights, 4-h Animal shows, kid
zone, quilt show, midway, concessions...



Third Monday of the month,
Boston Saranac Historical Society
meeting, 7pm

Third Tuesday of the month,
Saranac Community Association
and Area Women's Club, 7pm,
Greenridge office

Saranac Clarksville District
Library (616) 642-9146
www.saraclark.michlibrary.org

SAMS (Saranac Area
Musicians and Singers)
Practice, Saranac High School
band room. Choir 6-7pm; Band
7-8pm (616) 902-7237

Village of Saranac



Adventure Walks,
At the Roeser Trail
(at the U of M Sparrow Hospital),
Ionia

June 4, 18, with bubbles, chalk,
sensory bins.
June 25 Farm themed with book
giveaway

For the Complete 32 Page List of Community
Resources, kindly go to: www8cap.org



GROUPS

Anger Management

Mondays, 5-6pm, Virtual.

A Pokémon Go Summer,

Peer Led, June 13, 1-3pm. Meet at Ionia TRD.

Better Days Ahead

Peer Led, June 4, 9:30am, Ionia TRD.
June 10, 24, 1pm, Portland TRD.

Bingo

Peer Led, June 17, 1:30pm, Burger King.

Building Better Boundaries

Peer Led, June 5, 12, 19, 26, 11:30am, Ionia TRD.

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 4pm, Virtual.

The Connection Space

Peer Led, June 2, 9, 16, 23, 11am, Ionia, TRD.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafts

Peer Led, June 25, 9:30am, Ionia TRD.

DBT Fidelity Group

Thursdays, 1-2:30pm, Ionia TRD.

DBT Skills

Ongoing, Mondays, 1-2:30pm, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Fitness

Peer Led, May 2, 4, 7, 9, 13, 14, 16, 20, 21, 23, 27, 28, 30
1:30pm, Ionia TRD. Fitness, June 5, 10, 12, 17, 19, 24, 26, 2:30,
both at Ionia Fitness.

Game Night

Peer Led, June 2, 9, 16, 23, 30, 4pm, Ionia TRD.

Gardening Group

Peer Led, June 3, 10, 17, 24. 11am, Ionia TRD.

The Great Outdoors

Peer Led, June 4, 11, 18, 25, 2pm, various locations.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

Kids Skills Group

Mondays, 1:30pm, Ionia TRD.

LGBTQIA

Peer Led, June 2, 16, 30, 3pm, Ionia TRD.

Life Skills

Peer Led, June 2, 9, 16, 23, 30, 1:30pm, Ionia TRD.

Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 12-1:30pm, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 4-5pm, Ionia TRD.

Self-Love

Peer Led, June 18, 11:30am, Ionia TRD.

Social Skills

Peer Led, June 19, 26, 11am, River's Edge Drop In Center.

Volunteer Group

Peer Led, June 10, 17, 24, 3:30pm, Ionia Theater.

Wii Fit

Peer Led, June 4, 10:30am, Ionia TRD.

YOGA

PEER LED

Chair, June 2, 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 2, 30, 10am
Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535

COMING
SOON





2 11 Goal Getters 2 Tool Box 3 Committee	3 11 Junk Journaling 2 True to You	4 11 Healthy Relationships 1 Free Lunch 2 Bingo	5 11 Music 12-3 Bowling	6 11 Lunch with Peers at Right Door 1-3 Pride Event
9 11 Goal Getters 12 Board Meeting	10 11 Junk Journaling 2 True to You	11 11 Healthy Relationships 1 Free Lunch 2 Bingo	12 11-4 Gilmore Car Museum	12 Fishing Friday
16 11 Goal Getters 2 Self-Love for Women	17 11-1 Trauma Informed Care Training 2 True to You	18 11 Healthy Relationships 1 Free Lunch 2 Bingo	19 11 Social Skills with Shelly and Katie 12-3 Bowling	20 Fishing Friday
23 11 Goal Getters 2 Mindful Monday	24 11 Junk Journaling 2 True to You	25 11 Healthy Relationships 1 Free Lunch 2 Bingo	26 11 Social Skills with Shelly and Katie 2 Crafts	27 Fishing Friday
30 11 Goal Getters 2 Self-Love for Women				

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773