

NEW DIRECTIONS DROP IN CENTER

207 North Dewey Street - Owosso, MI 48867

PH: (989) 725-1945

Web: <https://shiabewell.org/drop-in-center/>

What is it?

A consumer-run facility for self-help, advocacy, and education. Consumers engage in activities to supplement existing behavioral health services. Sometimes consumers of behavioral health services feel socially isolated, lonely, and may not have many supports. At New Directions, people join together to socialize, make new friends, or simply to relax in a non-judgmental atmosphere of acceptance and understanding from others who have “been there.”

How do I join?

New Directions is open to any adult with a mental illness in Shiawassee County – you must be 18 years of age or older. You must be a member-**MEMBERSHIP IS FREE!!** To become a member: You may call New Directions at (989) 725-1945. Once you are a member the virtual links will be provided.

What does it offer?

Open all year, currently only offering zoom meetings, online activities, with indoor and outside activities that include but not limited to:

- Painting or drawing with a twist
- Virtual poetry slam
- Games such as Pictionary, trivia, hangman, I-spy, Charades, etc. and online treasure hunts
- DIY Arts and Crafts and/or gift making
- Book club and/or debate
- Life skills such as balancing a budget, basic sewing, cooking, baking, meal planning/prepping, etc.
- Health and Wellness such as movement, overeating, living with mental illness
- Downtown Owosso walkabouts, hiking trails, small park gathering

The online meeting Zoom schedule is as follows:

Monday	Tuesday	Wednesday	Thursday	Friday
10am-noon Morning chat/guided discussion		11am-1pm Wellness Discussion		12pm-4pm Open Zoom Room (come and go as you please)
3pm-5pm Arts and Crafts Online games of your choice		2pm-4pm Basic Life Skills		3pm-4pm Member meeting
		5pm-6:30pm Evening session and support group		