

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 increase 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 to socialize, make new friends, or simply to relax in a non-judgmental environment 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 receiving services 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. New Directions is open Tuesdays and Thursdays from 9am to 3pm.

What does it offer?

Open all year, 2 days a week, and currently offering Zoom meetings, online activities (indoor and outdoor) that include, but are not limited to:

- 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
- 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
- Online support groups

The online Zoom meeting schedule is as follows:

Monday	Tuesday	Wednesday	Thursday
10am-11am Morning chat/guided discussion	Center Open 9am to 3pm	12pm-1pm Wellness Discussion	Center open 9am to 3pm
2:30pm-3:30pm Monday Connection		2pm-3:30pm Basic Home Life Skills demonstration	