



## Program Descriptions:

- **AA meeting:** A confidential Alcoholics Anonymous meeting led by women in recovery.
- **Art and Crafts:** Use of watercolor, beading, knitting and crocheting to be able to express ourselves artistically and creatively.
- **Becoming the Best You:** Positive affirmations, self-esteem building exercises and self-help tips are utilized to help us remember our greatness within.
- **Bon Mary's:** An incentive store filled with new donations of clothing, make-up, household items, gift baskets and more. Women who participate in chores earn points that they can spend in the store!
- **Boundaries:** Learning how to set safe boundaries in our personal lives to develop healthy, stable relationships.
- **Community Meeting:** A daily group held to check in, share current events, our own pain and struggles, and an opportunity to seek support from one another.
- **Dare to Care:** A Mary's Place community service group that plans and carries out ideas to give back to the community who has given so much to us!
- **Friday Movies:** Every Friday afternoon we enjoy a movie to wind down the week and give our brains a rest.
- **Health Talk:** Led by the Mary's Place nurse, this group provides education around relevant health topics.
- **Hour of Living Power:** An optional group led by Church of Mary Magdalene's Pastor to help create a spiritual community to bring healing and wholeness in our lives.
- **Naturopathy Clinic:** Bastyr hosts a weekly clinic that focuses on natural medicines for healing. Vitamins and homeopathic remedies are dispensed at no charge.
- **Resources R Us:** A group that shares various resources for housing, employment, education and job training.
- **Seeking Safety:** A support group designed to share information to help people attain safety from trauma/PTSD and substance abuse.
- **Sewing:** A class that teaches women the basics of sewing and provides materials and machines to practice.

- **Squeaky Wheel Meeting:** A special focus on new organizing efforts to make noise and improve things for homeless women.
- **Wheel meeting:** The Women's Housing, Equality and Enhancement League business and strategy meetings where everyone has a voice and a vote.
- **Writing to Heal:** And have fun! Group meets weekly using the Amherst Writers & Artists method for women to write, read and be heard in a safe and supportive environment.