



Coulee Council on Addictions Newsletter

921 West Ave S., La Crosse WI, 54601
Phone-(608) 784-4177 Website- www.couleecouncil.org

January-February-March 2012 Newsletter

Programming

Get Your Loved One Sober

This program is based on the book *Get Your Loved One Sober: Alternatives to nagging, pleading, and threatening* by Meyers and Wolfe and is facilitated by Ronda Lettner.

This program is for family and friends of individuals suffering from addictions.

Contact Coulee Council on Addictions for future dates and times.

Please call to register 784-4177
The book will be required for group participation, which is available for purchase at CCA front desk during business hours

Check out
Coulee Council on Addictions
Website:

- * Listings for area recovery events and activities.
- * Support group listings
- * Resource and Recovery Information, includes books and videos available for check out and books available for purchase.
- * Information on services offered at CCA
- * Prevention information
- * Kids and Teens Area for information on Drugs, Alcohol and Tobacco

www.couleecouncil.org

Check out our Facebook Page

Search:
Coulee Council on Addictions
under Non-Profit Organizations
What you will find:
Upcoming events
Important Information

THANK YOU

CCA Staff would like to thank the Board of Directors, area agencies, friends and family of CCA, La Crosse area community and Dr. Robert Meyers for helping make Awareness is the Key such a successful event. Without all the hard work of the above individuals and agencies we would have not been able to do what we did. We look forward to next years event.

Did you know.....

CCA has a prevention educator on staff to provide presentations to any agency in need of information regarding drug, alcohol and/or tobacco.

Evidence-based programs that you could choose from (free to you):

- Too Good for Drugs– Kind. through 8th grade
- Too Good for Drugs & Violence—9th through 12th grade
- Coping and Support Training (CAST) - 9th through 12th grade
- Why Try? - 9th through 12th grade
- Creating Lasting Family Connections (CLFC) - High School youth and/or their parents

If you have any questions about any of these programs, or would like to set up a presentation feel free to contact Rita at CCA for more information. You may call 608-784-4177 or email her at: rita@couleecouncil.org

HAPPY NEW YEAR!!!!

Visit our website at
www.couleecouncil.org

What else does Coulee Council have to offer?

Books

Some of the books for sale at CCA include:

Big Book, Fourth Edition
Big Book, Fourth Edition (Large Print)
Body, Mind and Spirit
Courage to Change
Days of Healing, Days of Joy
Get Your Loved One Sober
How Al-Anon Works
Just for Today
The Little Red Book (Third Edition of the Big Book)
Twelve Steps and Twelve Traditions
Twenty-Four Hours a Day
Prices vary

Thanks to generous donations from the community Coulee Council has continued to expand and update its resource library. Our resource library contains pamphlets and brochures for anyone to take, along with books and VHS/DVD's that can be checked out free of charge. Stop by and check it out!

AA Medallions	1, 2, 3, 6, 9 month Years 1 through 36
Guardian Angel 24 hours	All medallions \$1.00 each



Volunteer in the Drop in Center

We are looking for responsible, dedicated individuals to volunteer in the Drop in Center

*Are you ready to give back to the recovery community?

*Do you have some time to commit to giving and helping others?

*** If so please stop in and fill out a volunteer application at the front desk or call for more information.

Support Groups/Meetings/Events held at Coulee Council on Addictions

Tuesdays & Thursdays: Meeting and a Meal for those in recovery-AA meeting Noon to 1pm, lunch to follow.

Saturdays: Recovery Discovery Discussion Group (RDDG) 10am (please check our website or contact by phone for schedule of speakers and cancellations).

Open Mic/Java Jam

An open mic night will be held at CCA from 6:30-10:30pm the first Saturday of each month. Bring your instruments to perform in front of a live audience, or just come to listen! This event is open to all ages. Check back in the fall for more information.

AA Meetings

AA Pioneer Group
Monday—Friday
12pm-1pm.
The W.O.R.K. group
Every Saturday
9am-10am.
The Fellowship group
Every Tuesday
7:30pm-8:30pm.

NA Meeting

NA Amethyst Group
Every Thursday
7:30pm—8:30pm

NA New Life
Every Sunday
12pm-1pm
and
7pm-8pm

GA Meetings

GA meetings
Every Monday
7pm-8pm .

GAM-Anon Meetings

GAM-Anon
First Monday
of the Month
7pm-8pm

Movie Night

Tuesdays
4pm to 10pm

Wii Game Night

Wednesdays
4pm to 10pm