



Coulee Council on Addictions Newsletter

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

July-August-September
2010 Newsletter

Events/Programming

Drop in Center Closure

The CCA meeting room will be getting the floors redone **July 5th– 9th**. Therefore all support group meetings will be held in the Drop in Center **July 3rd-9th**. At all other times that week the DIC will be closed with the exception of the meetings.

Java Jam

Please note that Java Jam will not be held during the summer. Please look for more details this fall.

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.

It will be held Wednesday evenings from 6-7:30 pm.

Class is free of charge, however we recommend buying the book

Please call for more information and to receive program dates.

Movie Nights

Tuesdays from 8pm-12am will be movie night in the DIC.

Wii game nights

Fridays from 4pm-12am will be Wii game night in the DIC.



Turned Leaf Festival



Please join us for the 29th Annual Turned Leaf Festival at Myrick Park Main Shelter on **Saturday September 25th from 11am-5pm**. There will be food, games, prizes and live music! Tickets to get in just \$5 which includes raffle ticket, meal, drink, and entrance (assistance is available if needed)

Following the event there will be a dance held at Coulee Council on Addictions from 7pm-12am.

This alcohol free, family event is a great alternative to Oktoberfest!

PRIME for Life High School program is OPEN for referrals!!!

PRIME for Life will run once a month on the following dates (2011 dates will be posted in October):

Aug. 13th & 14th, 2010 Sept. 10th & 11th, 2010

Oct. 8th & 9th, 2010

Nov. 12th & 13th, 2010 Dec. 10th & 11th, 2010

The program will run on Friday evening from 4:30p.m.—9:00 p.m. and Saturday from 9:00 a.m.—4:00 p.m. and will be held at CESA #4, 923 E. Garland Street, West Salem, WI 54669

The referral form is posted on the CESA #4 website (more information to come). There is also an informational handout which will help explain the program more in depth for anyone who asks. Please check it out at:

<http://www.cesa4.k12.wi.us/prime-for-lifer>

*** To make a referral or if you have any questions please contact Angie Weigel at 608-786-4895 or Lacie Ketelhut at 608-786-4540.

PRIME for Life, developed by Prevention Research Institute (PRI), is designed to influence behaviors using a research-based persuasion program. There are no scare tactics, no exaggerations, no war stories, and no personal judgment. PRIME for Life emphasizes not only what is said but how it is said. It is often used for youth ages 13-20 who engage in high risk drinking or drug use or who are in a group likely to begin making choices that increase risk for problems. Thousands of young people throughout the country are taught the curriculum through juvenile justice systems, underage DUI programs, court diversion, school student assistance, and similar programs. Some schools teach the curriculum in the middle and high school setting.

Program Participants will learn:

Does having a family history of alcohol problems increase my risk?

Why can't people see it when they have problems with alcohol?

How do I know when I am making high-risk choices?

Is marijuana addictive? Can it impair driving ability?

How can I specifically reduce my risk for problems?

Calendar of Events at CCA

<i>July</i>		<i>Time</i>	<i>July continued</i>		<i>Time</i>
1st	Lunch	1-2pm	17th	Breakfast	8-9am
2nd	Wii game night	4pm-12pm	17th	RDDG- Hilary Hoban-Hoiland-VA	10-11am
3rd	Breakfast	8-9am	20th	Lunch	1-2pm
3rd	No RDDG Happy 4th of July	10-11am	20th	Movie Night	8pm-12am
5th	Office Closed		22nd	Lunch	1-2pm
6th	Lunch	1-2pm	23rd	Wii game night	4pm-12am
6th	Movie Night	8pm-12am	24th	Breakfast	8-9am
8th	Lunch	1-2pm	24th	RDDG-Dale Floody-Serenity	10-11am
9th	Wii game night	4pm-12am	27th	Lunch	1-2pm
10th	Breakfast	8-9am	27th	Movie Night	8pm-12am
10th	RDDG-Mike Brandt-PTSD	10-11am	29th	Lunch	1-2pm
13th	Lunch	1-2pm	30th	Wii game night	4pm-12am
13th	Movie Night	8pm-12am	31st	Breakfast	8am-9am
15th	Lunch	1-2pm	31st	RDDG-Vicki Miller-Job Search	10am-11am
16th	Wii game night	4pm-12am			
<i>August</i>		<i>Time</i>	<i>August continued</i>		<i>Time</i>
3rd	Lunch	1-2pm	17th	Lunch	1-2pm
3rd	Movie Night	8pm-12am	17th	Movie Night	8pm-12am
5th	Lunch	1-2pm	19th	Lunch	1-2pm
6th	Wii game night	4pm-12am	20th	Wii game night	8pm-12am
7th	Breakfast	8-9am	21st	Breakfast	8-9am
7th	RDDG-TBD	10-11am	21st	RDDG-Drunk in Public	10-11am
10th	Lunch	1-2pm	24th	Lunch	1-2pm
10th	Movie Night	8pm-12am	24th	Movie Night	8pm-12am
12th	Lunch	1-2pm	26th	Lunch	1-2pm
13th	Wii game night	4pm-12am	27th	Wii game night	8pm-12am
14th	Breakfast	8-9am	28th	Breakfast	8-9am
14th	RDDG-TBD	10-11am	28th	RDDG-Drunk in Public	10-11am
			31st	Lunch	1-2pm
<i>September</i>		<i>Time</i>	<i>September continued</i>		<i>Time</i>
2nd	Lunch	1-2pm	16th	Lunch	1-2pm
3rd	Wii game night	4pm-12am	17th	Wii game night	4pm-12am
4th	Breakfast	8-9am	18th	Breakfast	8-9am
4th	No RDDG-Labor Day weekend		18th	RDDG-Relapse	10-11am
6th	Office Closed-Labor Day		21st	Lunch	1-2pm
7th	Lunch	1-2pm	21st	Movie night	8pm-12am
7th	Movie Night	8pm-12am	23rd	Lunch	1-2pm
9th	Lunch	1-2pm	24th	Wii game night	4pm-12am
10th	Wii game night	4pm-12am	25th	No breakfast or RDDG -Turned Leaf	
11th	Breakfast	8-9am	25th	Turned Leaf- Myrick Park	11-5pm
11th	RDDG-Stress	10-11am	25th	Dance-CCA	7pm-12am
14th	Lunch	1-2pm	28th	Lunch	1-2pm
14th	Movie night	8pm-12am	28th	Movie night	8pm-12am
			30th	Lunch	1-2pm

What else does Coulee Council have to offer?

Resource Library

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!

Medallions

Recovery Medallions available for \$1.00 each

Guardian angel, 24 hour, 1 month, 2 months,
3 months, 6 months, 9 months
1 year to 35 years

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

Outpatient Counseling

Coulee Council has been offering outpatient services for over a year now!

Assessments and case management with individual/group therapy are offered at a low cost to those individuals who are in need of counseling services. Clients are screened on first contact to determine appropriateness and eligibility. Clients are seen by a licensed Clinical Substance Abuse Counselor. Clients will be seen individually for an intake assessment and to determine the appropriate ASAM criteria for level of care. Coulee Council offers ASAM level outpatient treatment only. Clients in need of a higher level of care will be referred to the appropriate agency. Coulee Council offers individual, group and family therapy. Educational materials will also be provided.

If you are interested please call Coulee Council to set up an appointment, or to receive more information.

Visit the Drop in Center

Come hang out in a chemical-free environment with a supportive atmosphere for recovery!

Things to do include:

Meet new friends, play cards, watch movies, play Wii, shoot pool, read, go to a self-help meeting, or enjoy a cup of coffee!

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 Marci or Jenny for more information.

**JULY-AUGUST-SEPTEMBER
2010 NEWSLETTER**

Coulee Council on Addictions, Inc.
921 West Ave S
La Crosse, WI 54601
Phone: 608-784-4177
Fax: 608-784-6302

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*Visit our website at
www.couleecouncil.org*

ELECTRONIC NEWSLETTER

If you are interested in receiving the CCA newsletter electronically please email cca@couleecouncil.org with your preferred email address. Thanks for helping CCA cut back on costs of mail and printing! The newsletter will also be posted online on our website www.couleecouncil.org.

Help Coulee Council on Addictions!

Coulee Council is collecting the following items to raise additional money for programs.

Quillin's Receipts:

Please drop off this quarter's (July, August, September) Quillin's receipts you have at the CCA front office and we will receive 1% of the total amount.

*Receipts may only be turned in within each quarter.

Kwik Trip Milk Moola::

Please drop off Kwik Trip milk jug caps, Kwik Trip flavored water caps, Kwik Trip milk and juice bag tops and Glazer Dounut price labels at CCA in the Milk Moola box located in the big meeting room. Coulee Council receives .05 per cap/bag top and .10 per glazer doughnut price label.

Campbell Soup Labels:

Please drop off Campbell's Soup product UPCs, caps, and bonus certificates at the CCA front office. Coulee Council may redeem the points collected for FREE merchandise from the Campbell's Labels for Education catalog.

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

<p><u>Open Mic/Java Jam</u></p> <p>An open mic night will be held at CCA from 6:30-10:30pm with exact dates yet to be determined. 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.</p>	<p><u>AA Meetings</u></p> <p><i>AA Pioneer Group</i> Monday—Friday 12pm-1pm. <i>The W.O.R.K. group</i> Every Saturday 9am-10am. <i>The Fellowship group</i> Every Tuesday 7:30pm-8:30pm.</p>	<p><u>NA Meeting</u></p> <p><i>NA Amethyst Group</i> Every Thursday 7:30pm—8:30pm</p> <p><i>NA New Life</i> Every Sunday 12pm-1pm and 7pm-8pm</p>	<p><u>GA Meetings</u></p> <p>GA meetings Every Monday 7pm-8pm .</p>	<p><u>GAM-Anon Meetings</u></p> <p>GAM-Anon Every Monday 7pm-8pm</p>
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