

The Oneida Recovery Nest

We're here for you! Whatever you may be going through or struggling with in your recovery journey, to celebrate your successes, and to provide recovery support services. The Recovery Coaches wish you and yours a very safe and happy holiday season. We understand the holidays can bring added stress and pressure for people in recovery. Remember, you are never alone! Someone is always here to help you get through the ups and downs of this time of year.

- Feeling overwhelmed with the upcoming holiday season? Is stress from holiday gatherings or increased pressures beginning to weigh you down?
- Need to talk with someone about how to avoid relapse? You can try attending a support meeting to prevent isolation. Or sharing your feelings with a friend or family member who can support you during the holidays.
- Have you tried meditation or mindfulness to relieve stress and anxiety? Do you need exercise or simply a walk or nature hike to relieve the pressures or take your mind off stress? Boredom, Loneliness, Anxiety, and Seasonal Depression can be reduced by trying some of these ideas.
- Try something new, like reading an exciting book, listening to an informative podcast, or watching an interesting documentary or series.



BREAK-FREE
from Holiday Stress
Oneida Recovery Nest

Phone: 920-490-3950

Email: RecoveryCoach@oneidanation.org

**Please contact us to make an appointment*

**M-F 8am-4:30pm*

WHO ARE WE?

What is Oneida Recovery Nest?

The Oneida Recovery Nest is dedicated to helping anyone seeking recovery support to discover holistic healing, growth, and recovery from any form of substance use, trauma, or a desire to change one's lifestyle or explore new pathways to recovery.

The Recovery Nest hosts activities and meetings as well as Recovery Coaching services and community recovery support events.



**Oneida
Recovery Nest**

"A place for Healing, Support and Wisdom"

Oneida Behavioral Health Services

Oneida Recovery Nest

Meeting List & Activities

**1240 Packerland Dr. Bldg. 2
Green Bay, WI 54304**

- ***TUESDAYS: Nar-Anon for love-ones of addicts**
5:30pm Newcomers 6PM-7PM Nar-anon Meeting.
Located inside large conference room (Right door)
- ***TUESDAYS: Beading Circle Support 6:00 P.M.-8:00P.M.**
Located inside the kitchen-area (Left door)
- ***WEDNESDAYS: Native AA FIRESIDE Meeting 6 P.M.**
Meeting will be held inside if weather is inclement.
- ***THURSDAYS: Wellbriety FIRESIDE Meeting 6 P.M.**
Meeting will be held inside if weather is inclement.

Questions? Please call (920)490-3950

Email: RecoveryCoach@oneidanation.org

Local & Online meetings

- **Northeast Wisconsin NA: Helpline 1-866-590-2648**
<https://newna.org/meetings/>
- **Green Bay AA: There is a Solution: 920-432-2600**
<https://www.greenbayaa.org/meetings/>
- **Appleton/Oshkosh AA: Helpline: 920-389-9019**
<https://district02aa.org/meetings/>
- **Door County AA: Hot Line 855-746-0901**
<https://doorkewauneeaa.org/meetings/>
- **Shawano/Menominee: district@district09aa.org**
<https://district09aa.org/meetings/>
- **Wisconsin & U.P. Al-Anon: 1-888-4AL-ANON**
<https://al-anon.org/al-anon-meetings/>
- **Nar-Anon Family Groups: 1-800-477-6291**
<https://www.naranonmidwest.org/meetings/>
- **Wellbriety Talking Circles: 1-877-871-1495**
<https://whitebison.org/circle-meetings/>
- **Wellbriety Zoom Meetings: ONLINE**
<https://whitebison.org/wellbriety-meeting-flyers/>
- **In The Rooms: an online recovery community**
<https://www.intherooms.com/home/>

Overview of Programs

A place for You

The Recovery Nest offers a place of stability, so that members can access services and resources they need. By providing support and resources along the stages an individual needs for assistance with different options to manage mental health, maintain sobriety, and build a support community. Overall, this program is designed to help people maintain recovery, reduce relapse, and fulfill their potential.

Recovery Coaches

Recovery Coaching services can be offered in person, by phone and in the community setting before, during and after treatment services. A coach helps the recoveree by connecting support services that can help succeed in recovery. By identifying the recoverees concerns, the coach can provide the necessary tools needed to empower the individual by helping develop and expand on the recoveree's strengths, setting realistic goals that focus on their talents.



Holiday Blues or Stress???



Recovery Support Resources:

- Included is our list of meetings at the Recovery Nest which may offer support during the holiday season.
- A list of local recovery fellowships which can be a place to turn to for support during a stressful time.
- A list of online meetings for Recovery, Wellbriety and Mental Health support.

What to do when in Crisis

- If you or someone you love might be in danger or experience a mental health crisis there are resources available that can help you.
- Brown Cty Crisis Center 920-436-8888
- Outagamie Cty Crisis 920-832-4646
- 988, 211
- DV hotline: 800-799-7233



Fun & Safe Activities:

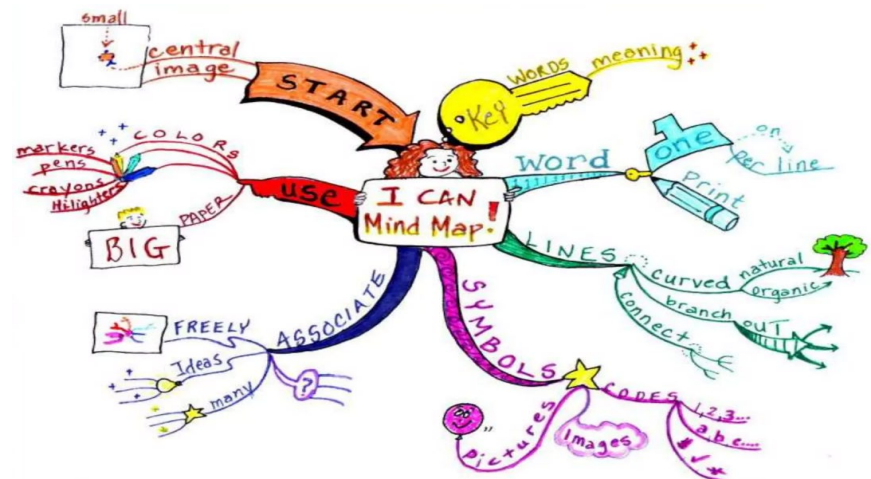
- Try an Adult-Coloring Book to distract yourself from stressful thoughts – a sample is included in this booklet.
- Try Art-Therapy or Crafts ideas such as a dream collage, scrapbook or vision board.



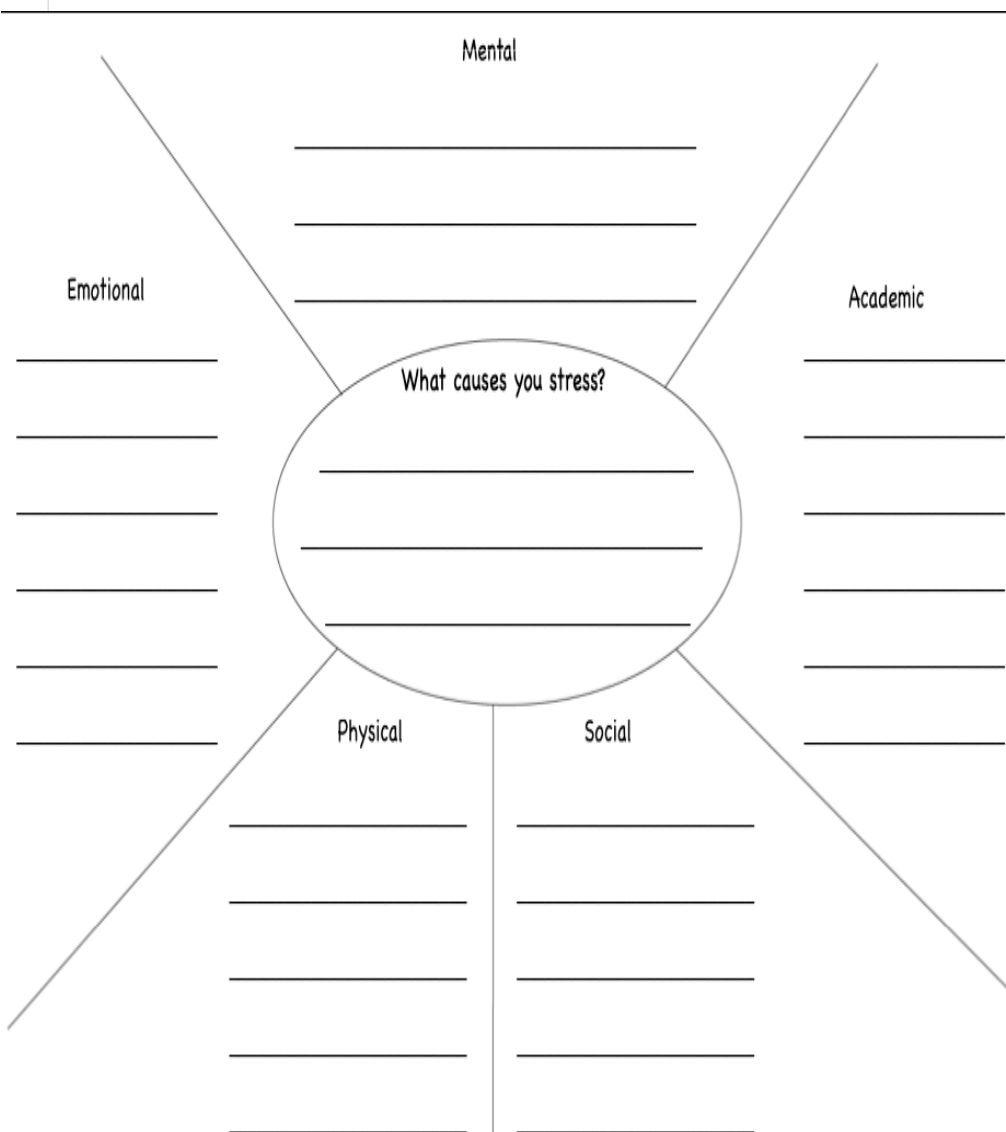
How to Mind-Map

Begin with one topic and “radiate” outwards.

- Example: Keyword “Holiday Stress” and then map out the other words or topics that “branch off” of that keyword like “tree” with branches and leaves. If shopping is a “branch” or maybe “social gatherings are stressful, then put those as the next word and so on.
- You can draw straight-lines and “list” your words, or you can get as creative as you want, drawing pictures and ideas with color or symbols or anything you want to represent your key word or topic.
- The purpose is to allow your mind to freely express itself and open the pathway to allow your thoughts to flow. Yet try not to wander too far off the topic. If you do get distracted, jot that thought or word down as a “twig” on the outside of the map and come back to it later.



Holiday Stressors (Sample Mind-Map)



Inspiring Recovery Quotes

What's your favorite inspirational quote?

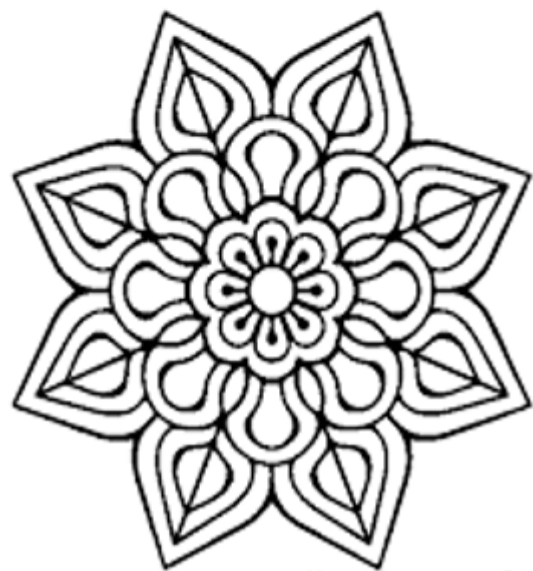
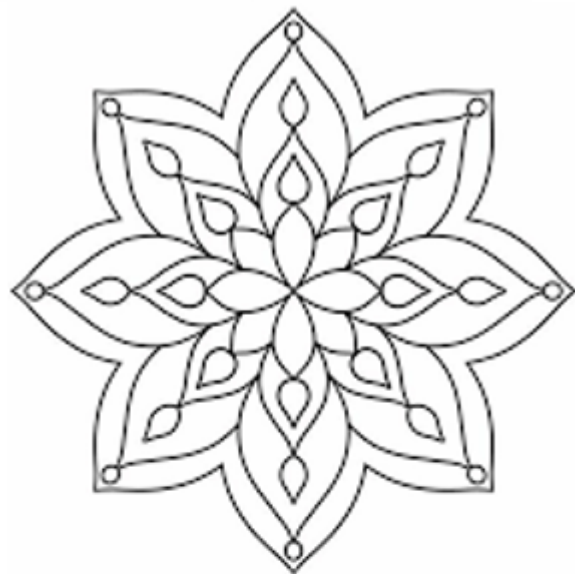
- Recovery is not impossible, because I'm Possible!
- Recovery works because you're worth it!
- You are in recovery when YOU say you are!
- Your journey is unique; don't compare it with others.
- Creator doesn't give us more than we can handle.
- Develop an attitude of gratitude, just for today.
- A broken heart heals when we allow the healing to go as deep as the wound went.

"My recovery must come first so that everything I love in life doesn't have to come last." – Unknown.

Focus on What You Do Best

You are the expert and primary resource in your recovery journey. You are in recovery when you say you are. Recovery is about being Empowered, Self-Directed, Strength-Based, Basic Needs, Hope, Optimism, Positive Self-Identity and Being of Service.

Adult-Coloring Book



Note to self

- Keep Trying
- Keep Praying
- Stay Positive
- Be Awesome
- Be Grateful
- Become Better