

## Ongoing Activities

Jan - April 2020  
For continued dates check website

### Activities by donation

All donations welcome – recommended \$5—15\$

*For schedule changes, information, date cancellations please our website*

[copenetwork.org/events](http://copenetwork.org/events)

⇒ **Meditation - Mon 11- 12:15**

⇒ **Beginning Guitar –Tuesday 6:30-7:30pm**

Limited Guitars available or bring your own

Looking for guitar donations

⇒ **Yoga—Thursday 6:30-7:30pm**

**Tuesday 1-2pm**

⇒ **Tai Chi Easy—Saturday 10-11am**

⇒ **Boxing - TBA**

⇒ **NADA Acudetox Acupuncture**

Times and dates vary

see website [copenetwork.org/event](http://copenetwork.org/event)

Recommended donation \$10-30

⇒ **SMART Recovery Monday 5:30-6:30pm—free**

⇒ **Sexual Assault Recovery Support TBA—free**

⇒ **FAN SWMI Community Forum**

1st Thursday & 3rd Monday 7pm-9—free

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## COPE Network

2705 Virginia Ave, Kalamazoo

COMMUNITY OUTREACH

PREVENTION AND EDUCATION NETWORK

Copenetwork.org



COPE is a network of people in recovery, people seeking recovery, professionals, community leaders, local businesses, artists, teachers, neighbors, families, and friends coming together to support the recovery community.

**COPE Mission** - To inspire a community that supports understanding and compassion for people affected by substance use disorder and their families. Accepting substance use disorder as a medical illness that can be overcome.

**COPE Vision** - Creating compassionate community

**COPE Goal** – to offer people affected by substance use disorder resources and connection in the community enhancing recovery opportunity.

- Provide activities enlarging their communities beyond other people affected with substance use disorder (SUD)
- Provide education programs strengthening recovery opportunity
- Offer connections to resources supporting a healthy recovery community

Currently we offer activities to engage people in recovery, family, friends, and the community. **“Building Connections”** programs offered, Tai Chi, Yoga, Acu-detox acupuncture, art projects, yarn crafts, more to come. Future activities include weekend movie nights and game nights.

**We can provide educational sessions including:**

Adverse Childhood Experience  
Overdose Prevention – Substance Use Disorder—free naloxone kit  
School education – youth oriented education drug prevention – family perspective  
Community Collaboration and workshop space rental

For more information contact Nancy King 269-580-8290, email: [copenetworkswmi@gmail.com](mailto:copenetworkswmi@gmail.com)

*Community Outreach Prevention and Education Network a 501c3 tax deductible organization*

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