

A Bite of The Casserole #11

4/29/22

What A Deal!

Three for the Price of One

Have I got a Deal for you!! Three fun, learning events for the price of one.

Well, actually, they're all free. "WRAP & Hats" will be at Eastridge Pres 56th & Margo, (a long block north of A Street). The Place for Quarterly Meeting – tell us your preference below.



#1 Quarterly Team Meeting

May 17, 6:30-8:00 p.m. This is a time for learning from other teams and sharing. Use this one question Google poll to tell us your preference for this meeting – Zoom or In Person -

Link: <https://forms.gle/bsTvQpsvFYKRvRa58>

#2 WRAP Training - Wellness Recovery Action Planning

WRAP answers the questions, "What is your self-care plan for handling ordinary stresses and for handling extraordinary stresses? Faith Partners and Region 5 Prevention Systems are sponsoring two **FREE 8-hour training experiences** in **WRAP**. Fridays, May 6 and 20 from 12:30-4:30 **or** Saturday, May 7 from 8:30-5:00. In person only. I don't have much of a self-care plan myself, so I'm going.

Register Ctrl + Click 2 Friday afternoons

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwheadcab7050f9>

Register Ctrl + Click Saturday All Day:

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1iwhead5efd4e5>

#3 Hold on to Your Hats – Faith Partners Skill Building Workshop

June 11 – 9-12:30 This will be a fast-paced morning of engaging programs led by a variety of trainers. There will be 17 different programs to sample in 5 sessions. Free hats, prizes and snacks. How can you go wrong? In person only.

Register Ctrl + Click

<http://events.constantcontact.com/register/event?llr=pw7qdxzab&oeidk=a07ej1kyh8kb1e639a1>

A whole casserole is too much so we offer **A Bite of The Casserole** every week or two. We welcome ideas for short articles of interest to people working in their faith congregations on issues of addiction and mental health. Working together we will defeat stigma and shame. Faith Partners is a program of Region 5 Prevention Systems 1645 N St. Lincoln, NE. This piece is edited by Otto Schultz, so when something is wrong, blame him – Ottoburgess@icloud.com