

# NEW DIRECTIONS DROP IN CENTER

207 North Dewey Street - Owosso, MI 48867

PH: (989) 725-1945

Web: <https://shiabewell.org/drop-in-center/>

## What is it?

A consumer-run facility for self-help, advocacy, and education. Individuals engage in activities to supplement existing behavioral health services. Sometimes consumers of behavioral health services feel socially isolated, lonely, and may not have many supports. At New Directions, people join to socialize, make new friends, or simply to relax in a non-judgmental atmosphere of acceptance and understanding from others who have “been there.”

## How do I join?

New Directions is open to any adult with a mental illness receiving services in Shiawassee County – you must be 18 years of age or older. You must be a member- **MEMBERSHIP IS FREE!!** To become a member: You may call New Directions at (989) 725-1945 or come in for a tour of our facilities. New Directions is open Mondays, Tuesdays, and Thursdays from 9am to 3pm. Wednesday 12pm to 3pm.

## What does it offer?

**Open 4 days a week, with indoor and outside activities that include but not limited to:**

- Bingo and Karaoke
- Move me club
- DIY Arts and Crafts and/or gift making
- Life skills such as balancing a budget, cooking, baking, meal planning/prepping, etc.
- Health and Wellness such as movement, overeating, living with mental illness
- Downtown Owosso walkabouts, hiking trails, small park gathering, beach trips
- Kitchen demonstrations
- Laundry facilities costing only \$1.00 per load
- Pool table and Air hockey table
- Garden activities
- Meals

## New Directions open hours

Monday	Tuesday	Wednesday	Thursday
Center Open 9am to 3pm	Center Open 9am to 3pm	Center Open 12pm to 3pm	Center open 9am to 3pm