



WCS Peer Support Giving Back



January 2025

We; Inspire, Nonjudgmentally, Supporting Peers in Recovery Everyday

**WCS Waukesha Peer Support
Team INSPIRE**



*Our
Crafty
little
Christmas
Was a
great
success!*

Peers came in throughout the day. They made snowman ornaments, acrylic abstract coasters, and candles, starting with the wicks, measuring and heating the wax, and finishing with the fragrance and the color. There were snacks, games, hot chocolate and fellowship in the drop-in center. One mom was beyond excited to be able to make gifts for her daughters. To help provide a little fun was a great joy for all of us. A very special thank you to SOFA (saving others for Archie) for funding this event.



January – 17-
25, 2025
Once
again we
will be
meeting
on Friday
Jan. 17th at

Lowell Park 2201 Michigan Ave.

We will meet by the ice sculpting demo. 6:30pm. Fireworks are at 8:00pm, we sit in the front. Come join us for some fun. Download the brochure there are many events.

<https://janboree.org/DocumentCenter/View/446>

There will be a cake walk, hockey shoot out, snowshoe/walk, birthday trivia, live birthday jackpot game, ruby cup grab game, DJ and more! Activities from 5:00 - 7:30 pm. Ice skating, sledding, and a bonfire too! Free ruby red light up bracelets and Cake prizes.



Have the strength to be compassionate and the wisdom to be humble.

Courage is the foundation of integrity.

–Keshavan Nair

Compassion, courage, and integrity are three powerful words that if you believe in and incorporate into your life, your life will be full and meaningful. It takes strength to be compassionate, many times it is easier to be impatient or walk away. Compassion is, according to the American Heritage Dictionary, the deep awareness of the suffering of another coupled with the awareness to relieve it. Are you a compassionate person? Wisdom to be humble can be a difficult thing as we all want to feel successful but at times pride can get in our way. Being humble can be a healthy experience and will also teach us wisdom. Courage is the foundation of integrity, which is being honest and doing the right thing. It takes courage to live with values and the first step is finding your personal value system. Let's not forget empathy, this is feeling with someone not sorry for someone. More on empathy next month. This being the new year let's look toward the future with hope and try making the world a better place. Susie





Word Of the Year

Most people who know me have heard this. I chose not to use New Year Resolutions, instead I pick one word a year that I can focus on. New Year's resolutions as a rule are not very successful; however, choosing one word to focus on can, and is very successful. I have been doing this for about ten years now, and I am going to share some of my favorites with you and why. The year I chose the word **Breathe**, turned out to be a difficult year and I remember many times stopping, closing my eyes, taking a very slow deep breath in through my nose holding it, breathing very slowly out, repeat. It helped me stay calm for the most part and I continue using it today. Another year I chose the word **Joy**. It was quite an eyeopener for me as I learned how much I had to intentionally look for joy. In our society, it seems everyone focuses on the negative and takes joy for granted or does not even pay attention to joy. That year I made a conscious decision to recognize the joy in my life. My happiness my joy, my happy place, is my children and grandchildren. This is where my heart is full, along with my two doodles. I chose the word **Simplify** one year; I still smile at this one because I had it all broken down in categories with bullet points. I did not even realize it until a friend pointed it out when I showed her. There was the year I chose the word, **Trust**. Trust in the Lord,

trust in my children, they have grown into pretty amazing adults who make their own choices. Trust in relationships, which I confess can be difficult for me. Trust that I am right where I am supposed to be in this moment in time. Being a servant leader and living by example, I trust I will be able to touch many lives and make a difference. I wish to challenge everyone to choose a word of the year. With permission, I will publish all of them next month. This keeps you accountable and I have them all written down in the event you forget. It is a good idea to have it in a place where you see it every day. Magnets work well for a good visual. Your word of the year is _____? Send it to saustin@wiscs.org To start things off, my word for 2025 is **Peace**. I also have a statement to go with my word. (this is optional) I want to be a woman of peace in a world filled with anxiety and fear. I want to offer a peaceful presence to others who may need it. To do that I need to find peace in my personal life. God offers me the peace that passes all understanding. SA



Stay Tuned
In the event we get snow this year, we will have a snowman contest.

Whoever builds the most cool and awesome snowman wins! Judged by your peers, snacks and hot chocolate to follow. Email your name and number and when it snows, we will contact you, saustin@wiscs.org

WCS Peer Specialist Team Inspire
We: Inspire, Nonjudgmentally, Supporting Peers in Recovery Everyday



WCS Peer Run Drop-in Center is open.
WCS 414 W Moreland Blvd Waukesha
Do you need someone to talk to Do you need someone who listens without judgement
Do you need someone who has been there and understands



Come and visit us on weekdays from nine to five. Room 106



WCS Peer Support All Peer Program

Open to Waukesha County residents with opiate use disorder and or mental health needs who currently do not have access to peer support services. Stop by our drop-in center at WCS 414 W Moreland Blvd. Open Monday-Friday 9AM-5PM For more information contact Rae Lynn - 414-852-4951

Motley Crew Cross Talk Discussion Group has gone live!
Meetings are on Tuesdays in person at WCS

11:00am in room 106. We still meet on zoom Thursday's 7pm and Friday-12pm. Zoom code 680-137-5925 Password - recovery
This group is facilitated by our WCS Peer Support Team.

Reach out and help someone
When we think of reaching out to help others, sometimes we think that means we must do something big or remarkable or grand. We may think that little acts of helping don't matter because they're so little. This isn't true. Small, seeming unnoticed acts are more important than the big, impressive ones that everyone sees. Small acts of help and kindness can be done by anyone at any time and in any place. You do not know the impact it has.