



CompeerReview

Compeer Helena, a program of Rocky Mountain Development Council



Summer

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Compeer Helena recruits, trains, screens, matches and supports friendships between community volunteers and individuals in recovery with mental wellness.

Mental Health Professionals: Request a referral package.

Clients and their families: May request the package and give it to the client's provider.

Volunteers: You qualify, if you care. Request a volunteer packet.

Micky Brown,
Program Manager

Jane McFarlane,
Program Coordinator

Dear Compeer Family and Friends,

Welcome to the summer edition of the CompeerReview, our quarterly newsletter. We hope you find the event listing a helpful compilation of low-cost things to do around town. If you have anything you'd like to have in your newsletter, give me a call at 457-7470.

Some of you have already let us know that you plan to attend the Tizer Garden picnic on July 17th. Having never been there, I took a preview tour recently and it far exceeded my wildest dreams—there is something for everyone to appreciate. We will provide transportation to anyone who wants it, and there is no cost to you. Admission and lunch are also provided. Please let me know by Monday, July 12 if you are coming.


A reminder to our volunteers, to submit your monthly reports or give me a call if paperwork isn't your bag. I'd be happy to document it for you.

Onward and upward, we have lots of exciting work to do. Thank you all for your commitment and support.

Jane McFarlane



Don't let the sun out-shine us! Beam too!

<p>What is Recovery?</p> <p>Recovery is a personal and unique process of moving beyond the mental health system. Recovery can also mean having goals and a sense of purpose, supporting others, making choices and getting unstuck. Recovery is trying new ways of handling old problems, and making choices that work. Recovery is about pursuing interests and expressing talents, enjoying community, being grounded in reality and creating balance. Recovery is for all of us.</p> <p><i>(From the Compeer of San Mateo County, Inc. California newsletter)</i></p>	<p>Welcome new Compeer Volunteer</p> <p>Roxanne</p> <p>We appreciate you!</p>  <p>On the Waiting List?</p> <p>Thank you for your patience. We have not forgotten you. The matching process takes time and we are doing all we can.</p>
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Conversation Starters

- > What is your most fulfilling moment in the past five years?
- > What's your least favorite word?
- > What's the longest you've ever waited in line?
- > What is the habit you're proudest of breaking?
- > Have you ever been in a food fight?
- > If you could live anywhere, where would you live?
- > What's the best bargain you've ever found at a garage sale or thrift store?
- > If you had a super power, what would it be?
- > What do you order when you eat Chinese food?
- > What was your most recent trip of more than 50 miles?

Happy thoughts

A friend is one of the nicest things you can have, and one of the best things you can be. –Douglas Pagels

If I had to sum up Friendship in one word, it would be Comfort. –Terri Guillemets

Free (or Almost) Things to Do

2010 Symphony Under the Stars—July 17 at 8 p.m. hillside at Carroll College. Seats on lawn are free. Bring your own chairs or blankets.

Alive@ 5—Wednesdays 5-9 p.m., call 447-1535 or Helena Area Chamber of Commerce calendar at www.helenachamber.com for location schedule.

Helena Farmers Market—Saturdays 9 a.m. -1 p.m. 500 block of Fuller Ave.

Montana Military Museum—Ft. Harrison, open 9 a.m. - 4 p.m. Thursdays.

Archie Bray Foundation—Self-guided tour map available in the mailbox in front of the Pottery Gallery. 2915 Country Club Avenue.

Montana State Capitol—Self-guided booklets are available at the information desk on the first floor—return booklets in good condition to the tour desk. Or take a stroll around the grounds

Holter Museum of Art—12 E Lawrence, Mon.-Sat. 10a.m.-5:30 p.m., Sun. noon-4.

ExplorationWorks! Free admission this year to everyone on the 1st Tuesday of each month. 995 Carousel Way.

Volunteer

Being a Compeer friend is as simple as going for a walk, having a conversation, going to a movie or picking up the phone.

Referrals

People are referred to Compeer only through mental health providers. Compeer same-gender friendships are an adjunct to therapy and other community support services.

Donate

Donations can be sent to Compeer Helena, P.O. Box 1717, Helena, MT 59624

“Friendship is a sheltering tree.”

–Samuel Taylor Coleridge



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