

The success of the Center involves more than rules, it takes leadership!

- We provide access to guest speakers, a library of information, and a social and educational outlook that places wellness and compassion at the top of our list.
- We believe everyone is created with certain rights, therefore everyone, including those with mental illness and/or substance abuse issues, have special capabilities and unlimited potential.



Community

Inter-Connections Inc. is not just a place to learn and grow, it's a place to heal. As such, we offer support groups, weekly, focused on various life issues:

- Tobacco Cessation Support Group
- Depression Support Group
- Bipolar Support Group
- PATH Groups

Please call or see website for group dates and times and information.

Inter-Connections Inc. Phone: (517) 265 9588
209 W. Maumee
Adrian, MI 49221

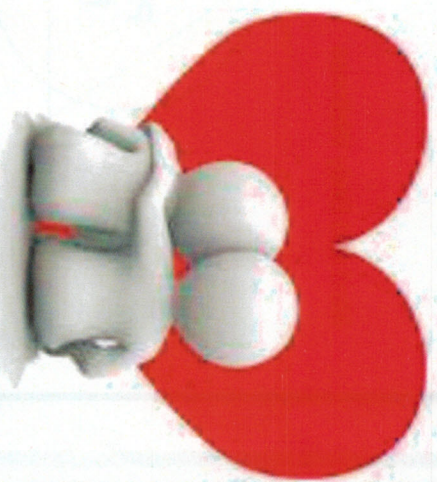
Website:
<http://www.lcmha.org/interconnections/index.php>

E-mail: interconnectionsdropin@yahoo.com

Center Hours:

Sunday	12:00 to 6:00 pm
Monday	12:00 to 6:00 pm
Tuesday	12:00 to 6:00 pm
Wednesday	12:00 to 6:00 pm
Thursday	12:00 to 6:00 pm
Friday	12:00 to 6:00 pm
Saturday	12:00 to 6:00 pm

Mission: Inter-Connections, Inc. provides support and acceptance for individuals in the community who have lived with a mental illness or substance use disorder with mental illness.

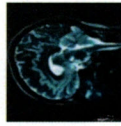
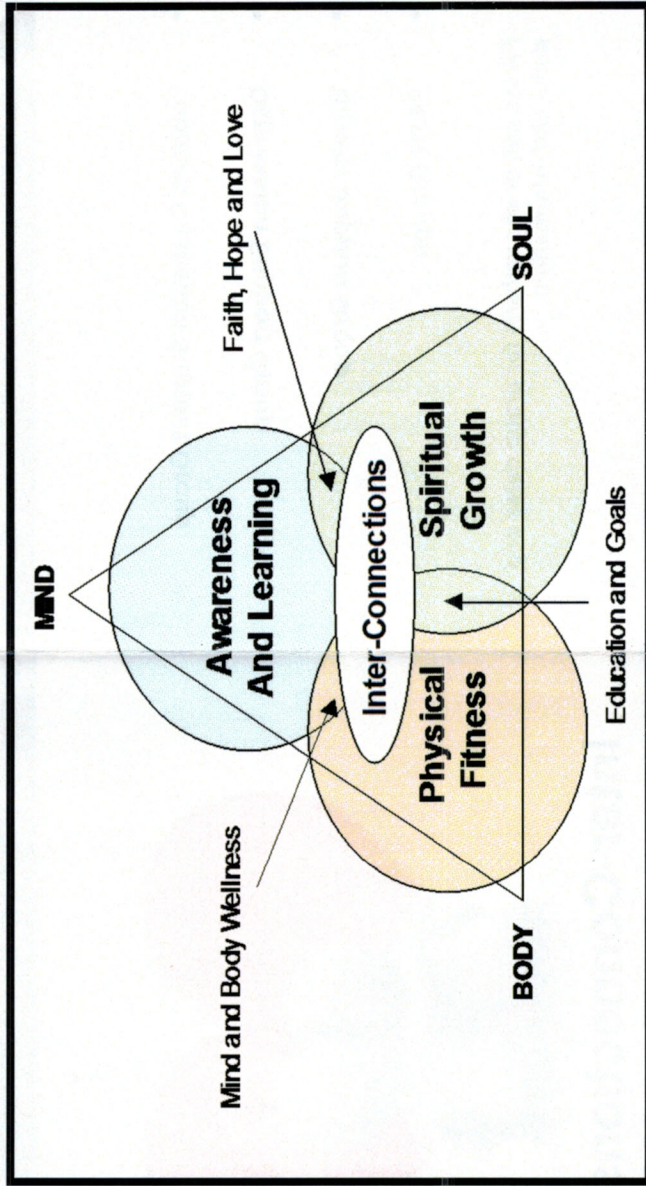


Inter-Connections, Inc.
Mind Body Spirit

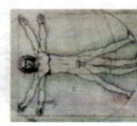
We offer a safe and supportive environment within the community for individuals who have experienced or are experiencing mental and/or emotional problems. We allow individuals the opportunity to learn to live in the community and to take control of their lives.

Our non-profit is run by members. The board is made up of members which allows us to serve the community effectively.

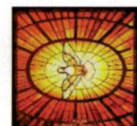
It's not just what you do...but how you do it!



Mind – We strive to bring learning and awareness to members. Some of the things we focus on are nutrition, leadership qualities, mental and emotional intelligence, and life management, among other things.



Body – We believe that fitness involves more than just working out. We work collaboratively with the community to provide unique health options for members (walking, healthy eating, etc).



Spirit – Spiritual growth is a large component of our understanding here at Inter-Connections, Inc. We provide a safe and supportive environment for members. Our view is that in order to heal, you need to be up to speed on spiritual, global, social and political trends.



The deepest form of 'mental health' happens within...

At Inter-Connections Inc., we believe in unity and the fact that you don't have to walk through life alone. The Center creates compassion in a fun-loving atmosphere. We have:

- Support Groups
- Euchre / Pool Tournaments
- Community Potlucks
- Community Leadership Meetings
- Group Discussions
- One on One Peer Support

Please see calendar of events for more information (available in person and online)

