

Places To Go & Things To Do

Break the Shackles of Human Trafficking: Educate, Engage, Advocate. Please join the Decatur Alumnae Chapter of Delta Sigma Theta Sorority, Inc. for a panel discussion on child sex trafficking. January 25, 2018 at 6 p.m., DeKalb County School Board Auditorium, 1701 Mountain Industrial Blvd., Stone Mountain, GA. See dstdac.org for more information.

MEMOIR WRITING WORKSHOP Have you always wanted to write a memoir about your life but struggled with structure? Come socialize with likeminded folks at Downtown Sandwich Shoppe in Duluth and work one-on-one with an experienced editor! For more details on upcoming events, visit meetup.com/supportedsuccess or contact the organizer (Abigail Davis) at **770.864.2124**

Looking to avoid the cold this Winter but still wanting to stay active? How about playing GO Dodgeball! *We combine the sport of dodgeball with social networking* in a relaxed environment to create an enjoyable evening filled with sports and leisure! Games will be held in Smyrna. Visit www.GoDodgeball.com for more information.

FREE Atlanta EFT (Emotional Freedom Technique) Tapping Community Group. Meets every second Wednesday of the month. 7:30-9:00 pm. Sage Center, 2849 B Henderson Mill Rd, Atlanta GA 30341. Contact Melissa Lester Olson, LCSW @ Melissa@melissalesterolson.com for more details. Tapping has many health benefits and is a gentle tool that can be used for overall health and well-being.

Beginner Qigong Classes. Qigong combines physical postures, breathing, and focused intention to improve health, balance, and mental well-being. Donations accepted. **For more information or 2018 dates, please contact Julie Cannon, LPC @ juliecannonlpc@gmail.com or 404-419-6221.** Sage Center, 2849 B Henderson Mill Rd, Atlanta GA 30341. Space is limited.

Healing After "I Don't"--Divorce Support Group – If you are considering, in the middle of, or have experienced divorce and would like to start the process of healing, please contact Lisa Wilson, facilitator and Sage Center Counselor at lisywilsonlpc@gmail.com or **678-902-5472**. Meetings are held on the **1st and 3rd Thursdays from 7:00 pm – 8:30 pm** and the **2nd and 4th Saturdays from 11:30 am – 1:00 pm**. Cost: \$20/session. To learn more about Sage Center's services, go to www.SageCenterAtlanta.com.

NAMI American Sign Language Support Group: Are you seeking a **Free Mental Health Support Group**? NAMI is here for you! This group is FREE for people living with depression, bipolar disorder, PTSD, anxiety, schizophrenia, and other disorders. Our meetings offer a structured group process led by trained facilitators designed to encourage, support, and empower. **Open to all deaf and hard of hearing persons 18 and over with mental illness.** Time: 5-6:30 pm. Location: GA Center of the Deaf and Hard of Hearing 4151 Memorial Drive Suite 103 B (Community Meeting) Decatur GA 30082. **Contact: deannanami@gmail.com/404-994-6500 (videophone).** No registration needed. [NAMI DeKalbwww.namidekalb.com](http://NAMIDeKalbwww.namidekalb.com) Find more about us on Facebook and Twitter.

Open to all young adults (18+) with a mental health condition. You can attend a **FREE weekly support group** with NAMI. This group is for people living with depression, OCD, eating disorders, bipolar disorder, anxiety, schizophrenia, and other disorders. Our meetings offer a structured group process led by trained facilitators designed to encourage, support, and empower. **Thursdays 7:00 pm – 8:00 pm, Location:** First Christian Church of Atlanta, 4532 Lavista Rd, Tucker, GA 30084 **For more information contact: Joanna joannajungerman@gmail.com or 530-691-1453.** No registration needed. **NAMI DeKalb www.namidekalb.com** Find more about us on Facebook and Twitter.

VOLUNTEERS NEEDED: *Jewish Family & Career Services' One Good Deed Program* is looking for caring, compassionate individuals to visit twice a month with older adults. One Good Deed volunteers help their older friend with simple tasks, running errands, having lunch or simply visiting, to **create a bond that impacts both the volunteer and their older adult in ways that can't be measured!** For more information, visit www.jfcsatl.org/onegooddeed or call **Sharon at 404-274-2431.**

JOB NETWORK. Are you unemployed and searching for a job, or anticipating a job change? We have a team in place to help you define your skills, to give opportunities for you to hear job search techniques, and to broaden your network of contacts. We meet at **Parkview Church**, located at 4875 Lilburn-Stone Mountain Rd., Lilburn, on the **first Saturday of each month, from 9:00-10:30am.** **For more information, call Crayton at 404-697-7547.**

HALCYON HOSPICE hosts a Bereavement Support Group – This is a place where you can be with others processing through grief, each feeling for the other and supporting each other. Just come as you wish ~ we're here for you. Please meet us at Arbor Terrace, 425 Winn Way, Decatur, GA 30030 In the Sunroom~2nd Floor on the Last Thursday of Each Month 10am-11:30am. For additional information contact Melvin Bell at 404-801-6935

WE LOVE OUR VOLUNTEERS: Halcyon Hospice is looking for compassionate and caring people looking to enrich the lives of hospice patients and their families. Our volunteer provide companionship, music and pet therapy, caregiver relief etc. For more information please contact our Volunteer Coordinator, Terry Preston at 678-651-1440.

National Alliance on Mental Illness DeKalb Family Support Group meetings are a 90-minute weekly support group for people whose family member or friend lives with mental illness. Trained facilitators promote encouragement, support, and understanding. Held 1st Tuesdays 5:30-7:00 p.m. at Lithonia-Davidson Library 6821 Church Street, Lithonia, GA 30058. Contact Pam at **404-626-2938** or orpams@changingthecycle.org. For more information connect with www.namidekalb.com or follow us on Facebook and Twitter.

Become a Mediator – Have you ever thought about being a professional mediator? Do you have natural skills helping people through difficult situations? Become a registered mediator for the State of Georgia. **Enter the exciting career of mediation by attending the next Georgia Approved 40 hr training class. Call Dr. Rick Voyles at 404-991-0072 or visit www.centerfordisputesolutions.com/calendar/**

Joe Evans Respite Care Center...Are you tired? Do you need some help with your senior adult? Come take a look at our center! We are open from 10am thru 3 pm Tuesdays thru Thursdays. \$30 per day including morning snack and hot lunch. **Call us! Helen Wilborn, Director 404-317-0613** or hwilborn@eastminster.us. www.eastminster.us

TRANSFORMING LOSS AND GRIEF – When: Every 2nd and 4th Thursday from 6:30 - 8 pm. Where: First Christian Church of Decatur, 601 W. Ponce de Leon Avenue, Decatur Georgia 30030. (404) 378-3621 ext. 225 Purpose: A gathering of community of those seeking support in their journey toward acceptance of loss and grief. Open to the public. No fee. Facilitator: Rev. Dr. Barbara Sims-King, LPC

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MLK RACE FOR THE DREAM MARATHON, HALF MARATHON & BIKE TOUR will be held January 14, 2018. You only get one chance to be a part of this Inaugural event held in memory of Dr. King's birthday. A certified course, custom-designed finisher's T-shirt, finisher's medal, awards & other goodies included. Visit www.MLKJDMA.COM

VOLUNTEERS NEEDED: *Gentiva Hospice Atlanta East* seeks compassionate individuals for Administrative (Northlake Office), Patient Support, Vigil and Veteran to Veteran Volunteers (DeKalb & Gwinnett). **Ideal for students, retirees, clergy and veterans.** Requires your Heart & Time. Contact Manager of Volunteer Services, Candyce Patterson, at 678-937-1800 or Candyce.Patterson@gentiva.com

OVER 55? Join **Lifespan Resources.** Got four hours to give? Take an elder to the doctor. Become an **MET volunteer driver** and exercise your heart. Still learning? Fun in the Session has classes on travel, history, authors and technology. Sign up for **Lifespan Academy** and exercise your brain. All about us at lifespanatlanta.org. Call 404-237-7307.

DANCE * MUSIC * THEATRE * ART – Register now for FALL CLASSES! *Academy of Arts - Smoke Rise Baptist* 5901 Hugh Howell Road in Stone Mountain. www.smokerisebaptist.org/arts 678-533-0562 artsacademy@smokerisebaptist.org

Gwinnett Senior Learning Center provides Computer and Technology – Classes for seniors age 50+ at Bethesda Park Senior Center, 225 Bethesda Church Rd, Lawrenceville and George Pierce Park, 55 Buford Hwy, Suwanee. Fall classes have begun, but you can check for openings at our voice mail 770 564-4699. Winter Registration will be in January, 2018. Volunteers welcomed to teach, coach, write manuals and provide other support. See all our information at www.gsrlc.org.

Become an AARP Driver Safety Course Instructor! As a volunteer instructor you will organize and teach Driver Safety courses at community centers, libraries, hospitals or senior centers. **All teaching materials and resources will be provided.** Feel good in helping to build communities of safe drivers. To volunteer as instructor or find a class near you please visit <http://www.aarp.org/drive>.

For the 16th year the **Robert D. Fowler YMCA** will host the Rock 'N Roll-A-Thon on February 3rd between 8 am to 2 pm. What is a Rock 'N Roll-A-Thon? It is a non-competitive group event open to the public held indoors at the Fowler YMCA. If you can ride a bike, pump it up, or shake your hips you can participate! This event is fun with a purpose. We strengthen our community through donations provided by our Annual Why It Matters giving campaign. These dollars help us provide a positive impact on children, families, seniors and our community. For more information, please contact: MJ Westbrook, Marketing Director, Robert D. Fowler Family YMCA at **770-246-9622** or via email at: mjw@ymcaatlanta.org.