

OUR SPACE INSIDER



Official Newsletter of Our Space Inc.



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OUR SPACE INC.

At Our Space, our mission is to empower individuals living with mental illness and/or substance abuse issues to achieve their full potential by providing recovery-oriented, person-centered services and programs in a safe and accepting environment.

Keep on reading to learn highlights about services, members, and other exciting Our Space updates!

Or follow us on social media to see the excitement!



@OurSpaceIncMKE



@OurSpaceInc



FALL TIME AT OUR SPACE

This Fall, Our Space members have enjoyed the changing seasons with festive fun!

Festivities included visiting Swan's Pumpkin Farm, where members fed goats and cows, rode on a hayride and pedal carts, explored corn mazes, and got their own pumpkins! These pumpkins were then decorated and voted on during the Our Space Halloween party where we also held a costume contest, pumpkin bowling, witch hat ring toss, and more!

Other exciting activities included learning about and decorating for Dia De Los Muertos, a Mexican tradition, along with Our Space Spanish lessons starting again at the Drop-In Center. Our new Activities Coordinator, Brittney, along with our Occupational Therapist Sherry have done a wonderful job continuing to provide members with new things to do to better themselves and enjoy themselves in their recovery journey.

The Our Space Drop-In Center will continue to host engaging activities for members, as well as provide a warm and welcoming place to come with winter ahead.

Hear From a Member



Crystal Flowers
6year member!

Our Space is proud of every one of our members and residents, and it is fun to shine the spotlight on them since they are a core piece to the Our Space family. The smiles and laughs they bring to the community rooms, outdoor activities, and the daily Drop-In Center brighten our days.

One member we want to highlight in this publication is Crystal Flowers! Crystal has been a member at Our Space for 6 years and brings so much to the family! At our Drop-In Center, she participates in the daily support groups or can be found teaching members how to play Rummy or Skip-Bo. Not only is she talented in card games, but she also creates beautiful pieces in our crochet groups and other creative activities.

We are a huge fan of Crystal and all she brings to our programs and she is a huge fan of Our Space!

"I wish they would open Our Spaces' all over the country!" she excitedly said after sharing her struggles of finding support in other states.

Crystal grew up in Milwaukee but also lived in California and Florida. She shares that she was homeless for a while and couldn't stand the heat, so she headed back to Milwaukee in 2016.

Crystal was dealing with some emotional issues at the time but was determined to start a journey of recovery and self-improvement. This journey began at a facility called La Causa where she got a counselor, and from there heard of Our Space Inc.

Since becoming a member of Our Space, she has joined activities that teach things ranging from self-improvement techniques in support groups to healthy competition on bingo days. She loves the opportunities to get out of her house and how Our Space offers monthly outings which are field trip-like adventures for members. Her favorite outings include visiting a peaceful Japanese garden and playing disc golf in the park! There's always something for Crystal to enjoy at Our Space.

"I love going to groups. I think the mental health-themed support groups are really important so that you can talk about your own experiences and hear from other members" she shared.

We are so happy to hear that Crystal enjoys Our Space because she is a blast to have as a member. Her kind and caring presence is a joy to have in groups, and we are excited to continue to see Crystal flourish!

Did you know...

Art Therapy has been found to...

- Address Past Traumas
- Reduce Stress
- Provide a Positive Distraction
- Improve Self-Management
- Build Self-Esteem
- Alleviate Symptoms of Depression

That's why we're always taking donations of art supplies!

Clay: Colorful air dry & oven-bake clay, mats, clay tools, powder plaster & plaster strips, molds for clay and plaster, buckets & pales

Painting: Acrylic paints (ideally in jugs with pumps), acrylic brushes, watercolor paints & brushes, utility cups with lids, paint pallets

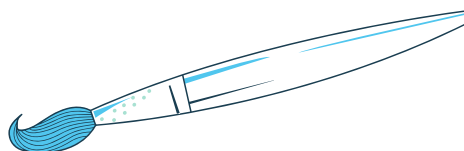
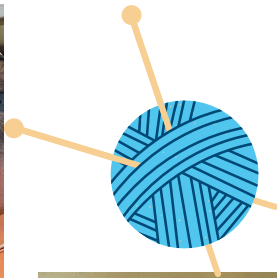
Paper: 18x24 mixed media paper (500+ sheets), large rolls of white & brown butcher paper, colored construction paper, scratch paper & sticks, colored tissue paper (bleeding and regular)

Fabric: Colored & textured yarn, colored and textured ribbon, patterned and/or colored & textured fabric, set of fabric scissors

Miscellaneous: Colored glitter, buttons, sequins, mini hot glue gun & sticks, mod podge, Elmer's glue, paper cutter, crayons, colored sharpies, washable markers, pencils, colored pencils, electric sharpener, oil pastels, clear gloss sealant, drying rack or device, dish rack, aprons/smocks,

DONATION DETAILS ON OUR WEBSITE

www.ourpaceinc.org or contact mkon@ourpaceinc.org with questions



Letter from the Our Space Inc. Executive Director

Dear Friends,

There is a quote I often think of when I think about Our Space.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.” – Margaret Mead, an American anthropologist, and author.

Not only is it motivating, but it’s also a marvelous description of our team! The Our Space team, no matter how small, are some of the most thoughtful individuals committed to making a positive change in the Wisconsin community.

I am thrilled to see the Our Space team continuing to make positive changes through endless service and compassion. Our team has learned to adapt and maneuver through these ever-changing times and continued to provide the best assistance they can.

Along with our wonderful team, Our Space relies on community partners and for them, we are so grateful. Because of their support, we can continue to serve individuals who come to Our Space looking for an accepting and safe environment like our mission promises.

So, thank you to our loyal supporters and the Our Space team! Our Space has so much to be grateful for this year.

Best,



Nora Hitchcock
Our Space Inc. Executive Director



Thanks For Reading!

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@OurSpaceIncMKE



@Our Space Inc.

You can...

- See upcoming events
- View images & videos
- Learn about Our Space updates



Contact Us For More Info!

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