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A VERY MILKWEED MARCH

Official Newsletter of Milkweed Connections



Set and Setting for Personal Growth

Fostering individual paths toward healing demands ideal environments and opportunities to grow. At Milkweed we engage with participants in their desired locations for services. This regularly includes the stillness of nature, relaxing local eateries, and a virtually endless host of other welcoming communal spaces.

Best of all, we're able to provide this type of creative environment at our offices in North Menomonie and Balsam Lake. We offer a fully functional recording studio, a huge selection of musical instruments, art supplies, fully stocked fridges and cupboards of snacks and cold/hot drinks, multiple video game platforms, and much more...



New offerings @ Milkweed

We have recently begun expanding our kitchen space to allow participants a chance to learn about nutrition and create all different types of comfort food...



*Disclaimer: No participants photographed. Photos are either providers or other non-participants.



Provider Spotlight of the Month

RACHEL HAYDEN

Rachel has been providing CCS services since 2017. Following her own gender transition over the last few years, she found that existing models and ideas of gender were too simplistic and rigid to afford her a deeply positive transformation. Recently, she has been collaborating with psychology and cognitive science professors to build a more effective model, which has been described as "brilliant" by these mentors. She has recently appeared on several podcast and YouTube episodes with scientists and developmental coaches, discussing her approach and how it relates to emerging science and philosophy.



**"Being different in
this world is hard
but beautiful."**

RACHEL HAYDEN

Putting her new model to use with peers has helped them use their transition as a way to not just express themselves, but to become the version of themselves that they are called to be. This is a deep innate aspiration, which when realized brings a wealth of meaning and new capacities to one's life, improving one's relationships with the outer world. She continues to develop her model in response to the individual journeys and challenges of the people she works with. Every day, something is learned and something is unlearned!

Who's New? Recently Added Providers



DOMINIQUE STEWART - BS IN MUSIC EDUCATION

[HTTPS://WWW.MILKWEEDCONNECTIONS.COM/DOMINIQUE-STEWART](https://www.milkweedconnections.com/dominique-stewart)

Dominique Stewart joins Milkweed to bring music and other creative arts into participant's recovery process. Having a bachelor's in music education, Dominique previously worked as a public school music instructor. Dominique works with CCS participants of all ages.



JASON SOULES - BS IN MUSIC EDUCATION

[HTTPS://WWW.MILKWEEDCONNECTIONS.COM/JASON-SOULES](https://www.milkweedconnections.com/jason-soules)

Jason Soules joins Milkweed to provide skill development and mentoring. As a trans-man, Jason has a particular interest to support individuals as they go through their own transformational journey. Jason works with CCS participants of all ages, including LGBTQIA+ and non-LGBTQIA+ individuals.



DANIEL ERICKSON-CPS/RECOVERY COACH TRAINED (CCAR)

[HTTPS://WWW.MILKWEEDCONNECTIONS.COM/DANIEL-ERICKSON](https://www.milkweedconnections.com/daniel-erickson)

Daniel Erickson joins Milkweed to provide certified peer support and recovery coaching. Daniels' lived experience with substance use and legal challenges inspires him to support others who are currently going through the same challenges. Daniel works with CCS participants of all ages and with the Chippewa County CCS, Crisis, and Recovery House programs.

More big news:
Several of our providers have also just completed an intensive CCAR recovery coach training program! Including but not limited to these two!



JOSHUA SALT - CPS/MFA IN SCREENWRITING/RECOVERY COACH TRAINED (CCAR)

[HTTP://WWW.MILKWEEDCONNECTIONS.COM/JOSHUA-SALT](http://www.milkweedconnections.com/joshua-salt)

Joshua Salt joins Milkweed to provide certified peer support and recovery coaching. Joshua's lived experiences with extreme states and substance keeps him passionate about supporting others navigating similar terrain. Joshua works with CCS and CHOICES participants of all ages and loves using his background as an artist of many mediums to help people transmute experiences in myriad positive, creative ways. He's also trained in meditation and mindfulness and loves to imbue his connections with an ever-growing awareness and compassion.

WELCOME TO THE CIRCLE

A Hearing Voices Network Group

MOST WEDNESDAYS (*except first Wed of month)

6:30 pm - 8:30 pm

HYBRID GROUP MODEL

In-person in Menomonie or via Zoom

About This Gathering

Approximately 1 in 8 people hear voices or see visions at some point in their lives. But, in our society, lots of people do not feel able to speak about it. We want to change that. When we talk about voices and visions, we simply mean someone is hearing, seeing or sensing something that others around them are not.

These experiences can include all five senses, hearing, sight, smell, taste and touch. These experiences can occur in one sense at a time (hearing a voice, for example, or smelling something), but they can also happen in combination.

Who Can Come?

The 'Circle' brings together people who want to challenge the stigma surrounding hearing voices and seeing visions and have a safe space to share their experiences with others.

Anyone can join this meeting and it is 100% free and completely confidential. We do ask that you register by emailing info@milkweedconnections.com for meeting information. Snacks and refreshments will be provided.

Many influential people have hard voices or have seen visions including:

- John Frusciante (Guitarist, ex Red Hot Chili Peppers)
- Anthony Hopkins (Actor)
- CG Jung (Influential Voice in Philosophy, Psychology)
- Gandhi (Father of Indian Independence)
- Saint Joan of Arc (Revolutionary Historical Figure)
- Socrates (Greek Philosopher)
- Carrie Fischer (Princess Leia)



CHOICES

Thanks for being part of the Milkweed extended family!

For more information please visit milkweedconnections.com or email us at info@milkweedconnections.com!