

PRIME TIME PEERS CALENDAR

AUGUST 2017



All events will take place at Mental Health America of Greater Tarrant County unless otherwise noted. **Please read the reverse side for detailed information.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Volunteer/Warm Line Meeting Monday August 7th 12pm-1pm	1 ACT Session 2 "Life with Anger" 10am -11:30am	2	3 PG Thursday Events 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group	4 Registrations due for WRAP
7 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing	8 ACT Session 3 "Life with Anger" 10am -11:30am WRAP Class Session 1: (12:30pm-4:30pm)	9 WRAP Class Session 2: (10am-4:30pm) Lunch Served	10 PG Thursday Events 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group	11 Insight Seminar 1pm-4pm "Legos" Dr. Chiasson
14 10am Men's Group (Forgiveness series) 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing (Dr.Wade Thompson)	15 ACT Session 4 "Life with Anger" 10am -11:30am WRAP Class Session 3: (12:30pm-4:30pm)	16 WRAP Class Session 4: (10am-4:30pm) Lunch Served	17 PG Thursday Events 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group NAMI, 6pm @ UCC	18 Primetime Peers "Looking at the stars" Planetarium UTA Time To be Announced
21 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing	22 ACT Session 5 "Life with Anger" 10am -11:30am	23	24 PG Thursday Events 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Time Management 2pm Evan Olsen Art Class 3:30 Hearing Voices Group	25 Insight Seminar 1pm-4pm Dr. Say Pang
28 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing	29 ACT Session 6 "Life with Anger" 10am -11:30am	30 The struggle of life is one of our greatest blessings. It makes us patient, sensitive, and Godlike. It teaches us that although the world is full of suffering, it is also full of the overcoming of it. HILLEN KELLER	31 PG Thursday Events 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group	A Drop of Happiness!  Can Cause: 1 Smiles 2 Optimism 3 Self-Worth 4 Reduced Depression 5 Improved Health PLEASE PASS IT ON...

3136 W.4th St. Fort Worth Texas 76107
 Phone: 817-335-5405
 Fax: 817-810-3230
 Website: www.mhatc.org



Do you need someone understanding to talk to?
 Are you isolated and feeling alone?
 Call our WARM LINE M-F, 1pm-5pm
We're here to listen. 817-546-7826

PERSONAL GROWTH (PG) THURSDAYS!

Stay active in your own recovery and self-care progress.

Participate with us on Thursdays at **MHA**:

Empowerment Class @10am

Amigos Lunch @11:30am— Enjoy lunch and meet new friends! 817-335-5405 to reserve your place by 4pm every Tuesday.

Movers & Shakers Exercise Group @12:30 Get moving in a structured fun walking group and/or stretch.

Relationship Social Skills @1pm

Art Class @ 2pm

Hearing Voices Group @3:30pm

August Birthdays

- Tess P. 8-13
- Annette S. 8-15
- Julie T. 8-15
- Alicia M. 8-17
- James A. 8-24



Primetime Peers

Looking at the stars"

Trip to the Planetarium

UTA

Time to be Announced

THE WARM LINE

PEERS HELPING PEERS

The WARM LINE offers free, confidential support for non-crisis related issues and

is a safe way to make contact with a warm voice. Our lines are answered and your

concerns are heard by proactive Peers in recovery.

Do you need someone understanding to talk to?

Do you need to hear a warm voice?

Are you in need of support?

Are you isolated and feeling alone?

Available: Monday-Friday 1:00pm -5:00pm

817-546-7826 or 817-546-7827

WRAP Class

(Wellness Recovery Action Plan)

Session 1: Tuesday 8th (12:30pm-4:30pm)

Session 2: Wednesday 9th (10am-4:30pm)

Session 3: Tuesday 15th (12:30pm-4:30pm)

Session 4: Wednesday 16th(10am-4:30pm)

Registration due by:

Friday August 4th

Call 817-335-5405 for reservations

Community Groups Held off site:

DBSA GROUP

held @ Baylor All Saints Hospital in Faxel room

1400 8th St.

Fort Worth, TX

Call the 24-HR information line at

817-654-7100

NAMI, National Alliance on

Mental Illness

Contact Jennifer Nunley @ 817-332-6677

UCC (University Christian Church)

August 17th 6pm -8:30pm "pot-luck meal" included (Bring a dish)

located at

2720 S. University Drive, Upstairs

Support Groups available



A United Way Agency

Empowerment Classes

August 3 "ACCEPT THAT WE AREN'T PERFECT"

August 10 "JUST FOR THE FUN OF IT" (Possibilities)

August 17 "TAKE STOCK OF YOUR CHARACTER"

August 24 "EXPERIENCE PLEASURE"

August 31 "PREPARING FOR SETBACKS"



Become a MHA Peer Support

Volunteer!

Contact

817-335-5405

for application or details!

Acceptance Commitment Therapy

ACT Group Session

ACT helps people let go of negative, self defeating thoughts. Helps to eliminate the struggle against depression, anxiety and worry.

Allows people to improve self worth and to live in the present. ACT uses mindfulness to change our behaviors in a kind and gentle way.

ACT series meets on Tuesdays 10am -11:30am

Confirm registration @ 817-335-5405 or sign up in a MHA class.