



Mental illness doesn't discriminate by your background or race, but access to care might.

Minority Mental Health Month

Stigma, lack of access and poorer quality care, affect mental health care in diverse communities.

Learn More at [NAMI.org/mmh](http://NAMI.org/mmh)

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.

# THE WARM LINE

Do you need someone understanding to talk to?

Do you need to hear a warm voice?

Are you in need of support?

PEERS HELPING PEERS

Available: Monday-Friday

1:00pm -5:00pm

817-546-7826 or 817-546-7827

## WRAP for Veterans & their families

(Wellness Recovery Action Plan)

**Session 1: Tuesday 11th (12:30pm-4:30pm)**

**Session 2: Wednesday 12th (10am-4:30pm)**

**Session 3: Tuesday 18th (12:30pm-4:30pm)**

**Session 4: Wednesday 19th**

(Lunch Included on Wednesdays)

Registration due by : Friday June 7

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)  
**July 20th** 6pm -8:30pm  
"pot-luck meal" included located at 2720 S. University Drive, Upstairs  
Support Groups available

### 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**

### July Birthdays

Sandra R.	8th
Kendrik S.	7th
Faith E.	21st
Don B.	23rd
Eric V.	29th



## Empowerment Classes

June 6

June 13

June 20

June 27

### 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.



Become a MHA Peer Support Volunteer!

Contact 817-335-5405 for application or details!

## "Prime Time Peers"



A United Way Agency

# PRIME TIME PEERS CALENDAR JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm-2pm Expressive Writing	4 MHA CLOSED Happy 4th of July!	5 July WRAP will focus on veterans and their families ★★★★★	6 <u>PG Thursday Events</u> 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Relationship Social Skills 2pm Evan Olsen Art Class	7 Registrations due for WRAP	8
10 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm-2pm Expressive Writing	11 ACT Session 8 "Living With Worry & Anxiety" 10am -11:30am WRAP Class Session 1: (12:30pm-4:30pm)	12 WRAP Class Session 2: (10am-4:30pm) Lunch Served	13 <u>PG Thursday Events</u> 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Relationship Social Skills 2pm Evan Olsen Art Class	14 Insight Seminar 1pm-4pm	15
17 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm-2pm Expressive Writing	18 WRAP Class Session 3: (12:30pm-4:30pm)	19 WRAP Class Session 4: (10am-4:30pm) Lunch Served	20 <u>PG Thursday Events</u> 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Relationship Social Skills 2pm Evan Olsen Art Class NAMI, 6pm @ UCC	21 Prime Time Peers	22 carpe diem
24 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm-2pm Expressive Writing	25 New ACT Begins "Life with Anger" 10am -11:30am	26	27 <u>PG Thursday Events</u> 10am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Relationship Social Skills 2pm Evan Olsen Art Class	28 Insight Seminar 1pm-4pm	29
31 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm-2pm Expressive Writing	 <p>National Minority Mental Health Awareness Month JULY</p>			 <p>If you are depressed you are living in the past If you are anxious you are living in the future If you are at peace you are living in the present -Lao Tzu</p>	

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

