

MHA Prime Time Peers Calendar

November 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
 <p>What are YOU Thankful For?</p>		<p>1</p> <p>There will be no WRAP Class in December</p>	<p>2 PG Thursday Events</p> <p>10am Empowerment Class 11am Music Trivia 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group</p>	<p>3</p> <p>International Survivors of Suicide Day</p> <p>Saturday November 18</p> 
<p>6</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch / Volunteer Meeting 1pm Expressive Writing 2pm Meditation</p>	<p>7</p> <p>ACT Session 7 "Living with Depression" 10am -11:30am</p>	<p>8</p>	<p>9 PG Thursday Events</p> <p>10am Empowerment Class 11am Music Trivia 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group</p>	<p>10</p> <p>Registrations due for WRAP</p> <p>Insight Seminar 1pm-4pm</p>
<p>13</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation</p>	<p>14</p> <p>ACT Session 8 "Living with Depression" 10am -11:30am</p> <p>WRAP Class Session 1: (12:30pm-4:30pm)</p>	<p>15</p> <p>WRAP Class Session 2: (10am-4:30pm)</p> <p>Lunch Served</p>	<p>16 PG Thursday Events</p> <p>10am Empowerment Class 11am Music Trivia</p> <p>Thanksgiving Feast 11:30-1pm</p> <p>2pm Evan Olsen Art Class 3:30 Hearing Voices Group</p> <p>NAMI, 6pm @ UCC</p>	<p>17 Prime Time Peers DRUM CIRCLE</p>  <p>10:30-2pm</p> <p>See back for details</p>
<p>20</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation</p>	<p>21</p> <p>No ACT Class today</p> <p>WRAP Class Session 3: (12:30pm-4:30pm)</p>	<p>22</p> <p>WRAP Class Session 4: (10am-4:30pm)</p> <p>Lunch Served</p>	<p>23</p> <p>MHA CLOSED</p> 	<p>24</p> <p>MHA CLOSED</p>
<p>27</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation</p>	<p>28</p> <p>New ACT Begins "Living With Worry & Anxiety" 10am -11:30am</p>	<p>29</p>	<p>30 PG Thursday Events</p> <p>10am Empowerment Class 11am Music Trivia 11:30am Amigos Lunch 12:30pm Movers & Shakers 1pm Social Skills 2pm Evan Olsen Art Class 3:30 Hearing Voices Group</p>	<p>Every struggle in your life has shaped you into the person you are today. Be thankful for the hard times; they can only make you stronger.</p> 

3136 W 4th Street
Fort Worth, TX 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 With Evan Olsen @ 2pm

Hearing Voices Group @3:30pm

November Birthdays

Valerie D. 11-3

Alan G. 11-4

Amanda R. 11-14

Nichole M. 11-27

Edward H. 11-27

Happy Birthday to You!!!



Prime Time Peers

DRUM CIRCLE

Friday November 17th

10:30-2:00pm



Bring a Sack Lunch

Desserts and drinks will be provided

THE WARM LINE



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

(Wellness Recovery Action Plan)

Session 1: Tuesday 14th (12:30pm-4:30pm)

Session 2: Wednesday 15th (10am-4:30pm)

Session 3: Tuesday 21st (12:30pm-4:30pm)

Session 4: Wednesday 22nd (10am-4:30pm)

Lunch Provided on Wednesdays

Registration due by :

Friday November 10th

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)

November 16th 6pm -8:30pm

"pot-luck meal" included

located at

2720 S. University Drive,

Upstairs



A United Way Agency

EMPOWERMENT CLASSES

November 2 "Enjoying Time Alone"

November 9 "Self Esteem-Loneliness Connection"

November 16 "Effective Communication Skills"

November 23 **MHA CLOSED ~ HAPPY THANKSGIVING**

November 30 "Feeling Good About Being with Another Person"



Become a MHA Peer Support

Volunteer!

Contact

817-335-5405

for application or details!

Acceptance Commitment Therapy

Open to the public

Living With Worry & Anxiety:

ACT Group Session

No Charge

An acceptance based approach 8 week therapy program.

Tuesdays 10am-11:30am

@MHA

"ACT is centered on living fully with all your experiences & on the freedom & riches that purposeful living can bring."

Join us for a mindful experience

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