






MHA Prime Time Peers Calendar

October 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
2 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 (NEW)	3 ACT Session 2 "Living with Depression" 10am -11:30am	4 Mental Illness Awareness Week October 1-7 National Depression Screening Day October 5th	5 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	6  Registrations due for WRAP for Veterans
9 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation (NEW)	10 World Mental Health Day ACT Session 3 "Living with Depression" 10am -11:30am WRAP Class Session 1: (12:30pm-4:30pm) Veterans & Family	11 WRAP Class Session 2: (10am-4:30pm) Lunch Served	12 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	13 Tomorrow NAMI Walk 2017 Trinity Park Sign in 7:30 am Start 9am Insight Seminar 1pm-4pm
16 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation (NEW)	17 ACT Session 4 "Living with Depression" 10am -11:30am WRAP Class Session 3: (12:30pm-4:30pm) Veterans & Family	18 WRAP Class Session 4: (10am-4:30pm) Lunch Served	19 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	20 Prime Time Peers Pumpkin Decorating Contest 
23 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation (NEW)	24 ACT Session 5 "Living with Depression" 10am -11:30am	25	26 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	27 Insight Seminar 1pm-4pm
30 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Light Lunch 1pm Expressive Writing 2pm Meditation (NEW)	31  Have a happy and safe Halloween ACT Session 6 "Living with Depression"	October National Mental Health Observances 2017 National Depression and Mental Health Screening Month; Health Literacy Month; ADHD Awareness Month; Bullying Prevention Month; Mental Illness Awareness Week (Oct. 1-7); National Depression Screening Day (Oct.5); World Mental Health Day (Oct.10); OCD Awareness Week (TBD); National Bipolar Awareness Day (TBD)		 Veterans Crisis Line 1-800-273-8255 PRESS 1 Text to 838255  NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

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

OCTOBER BIRTHDAYS

Happy Birthdays

- 10-1 John B.
- 10-2 Farrah M.
- 10-6 Roberto B.
- 10-14 Laurel T.
- 10-17 Karan M.
- 10-19 Melinda W.
- 10-24 Michael J.
- 10-29 Sangay K.
- 10-29 Laura F.



Prime Time Peers

October 20th

Pumpkin Decorating

Contest

Time To Be Announced



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

for Veterans & their families
(Wellness Recovery Action Plan)

Session 1: Tuesday 10th (12:30pm-4:30pm)

Session 2: Wednesday 11th (10am-4:30pm)

Session 3: Tuesday 17th (12:30pm-4:30pm)

Session 4: Wednesday 18th (10am-4:30pm)

Lunch Provided on Wednesdays

Registration due by :

Friday October 6th

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)

October 19th 6pm -8:30pm

"pot-luck meal" included

located at

2720 S. University Drive,

Upstairs



A United Way Agency

EMPOWERMENT CLASSES

October 5 "Touching the Past with Love"

October 12 "Exploring Loneliness"

October 19 "Loneliness in your Life"

October 26 "Relieving Loneliness"



Become a MHA Peer Support

Volunteer!

Contact

817-335-5405

for application or details!

Acceptance Commitment Therapy

Open to the public

Living With Depression:

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.