

# December 2017

## MHA Prime Time Peers

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>No WRAP Class this month</p>	<p>Sunday December 3rd International Day of Persons with Disabilities</p> 	<p>1</p>
<p>4</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Collage Art for Men 12pm Lunch /Volunteer Meeting 1pm Expressive Writing 3pm Buried in Treasures</p>	<p>5</p> <p>ACT Session 2 "Living with Worry &amp; Anxiety" 10am -11:30am</p>	<p>6</p>	<p>7</p> <p><b>PG Thursday Events</b> 10am Empowerment Class 11am Music Trivia 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>8</p> <p>Prime Time Peers "Holiday Movie" 12PM-2PM Popcorn &amp; hot chocolate</p> 
<p>11</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Collage Art for Men 12pm Lunch 1pm Expressive Writing 3pm Buried in Treasures</p>	<p>12</p> <p>ACT Session 3 "Living with Worry &amp; Anxiety" 10am -11:30am</p>	<p>13</p>	<p>14</p> <p><b>PG Thursday Events</b> 10am Empowerment Class No Music Trivia 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>15</p>
<p>18</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Collage Art for Men 12pm Lunch 1pm Expressive Writing 3pm Buried in Treasures</p>	<p>19</p> <p>ACT Session 4 "Living with Worry &amp; Anxiety" 10am -11:30am</p>	<p>20</p>	<p>21</p> <p><b>PG Thursday Events</b> 10am "Jingle Jam" 11:30 Holiday Luncheon 1pm Social Skills 2pm Evan Olsen Art Class NAMI, 6pm @ UCC</p>	<p>22</p>
<p>25th &amp; 26th MHA Closed Have a Safe and Happy Holiday</p> 		<p>27</p>	<p>28</p> <p><b>PG Thursday Events</b> 10am Empowerment Class 11am Music Trivia 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>29</p>

3136 W. 4th Street  
Fort Worth, TX 76107  
Phone: 817-335-5405  
Fax: 817-810-3230  
Website: [www.mhatc.org](http://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**

**Music Trivia @11am**

**Amigos Lunch @12pm**— Enjoy lunch and meet new friends! 817-335-5405 to reserve your place by 4pm every Tuesday.

**Social Skills @1pm**

**Art Class with Evan Olsen @ 2pm** — learn various types of art from professional portrait artist Evan Olsen

- 12/1 Arthur D.
- 12/7 Jackie B.
- 12/8 Roger W.
- 12/8 Rosalind H.
- 12/10 Simon S.
- 12/15 Kenneth N.
- 12/16 Sean S.
- 12/24 Daniel M.
- 12/26 Lori M.
- 12/29 Angie J.
- 12/31 Carlos C.



Prime Time Peers

"Holiday Movie"

Popcorn &

Hot Chocolate



12pm-2pm

# 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**

DURING THIS HOLIDAY MONTH OF DECEMBER  
 GIVE YOURSELF THE GIFT OF FORGIVENESS.  
 FREE YOURSELF!  
 REMEMBER THAT FORGIVENESS IS SAYING  
 "I'M GIVING UP HOLDING ON TO THAT PAIN."  
 FOR MY OWN GOOD.

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)

**December 21st** 6pm -8:30pm

"Holiday Meal" & "Dance"

located at

2720 S. University Drive,

Downstairs



**A United Way Agency**

# EMPOWERMENT CLASSES

December 7 "Holiday Greeting Cards"

December 14 "Rewriting Your Own Prescription" Art Project

December 21 "Jingle Jam"

December 28 "New Year's Theme"



**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.