

# January 2018

## Prime Time Peers Calendar

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><b>1</b> <b>MHA CLOSED</b></p> 	<p><b>2</b></p> <p><b>ACT Session 5</b> "Living with Worry &amp; Anxiety" <b>10am -11:30am</b></p>	<p><b>3</b></p>	<p><b>4</b> <b>PG Thursday Events</b></p> <p>10am <b>Empowerment Class</b> 11am <b>Music Trivia</b> 12pm <b>Amigos Lunch</b> 1pm <b>Social Skills</b> 2pm <b>Evan Olsen Art Class</b></p>	<p><b>5</b> <b>Prime Time Peers</b></p> <p><b>Karaoke &amp; Lip Sync</b> 10am-1pm Bring a Sack Lunch</p> <p><b>Registrations due for WRAP</b></p>
<p><b>8</b></p> <p>10am <b>Men's Group</b> 10am <b>Women's Group</b> 11am <b>Yoga for Women</b> 11am <b>Collage Art for Men</b></p> <p><b>12pm Lunch — Volunteer Meeting</b></p> <p>1pm <b>Expressive Writing</b> 3pm <b>Buried in Treasures</b></p>	<p><b>9</b></p> <p><b>ACT Session 6</b> "Living with Worry &amp; Anxiety" <b>10am -11:30am</b></p> <p><b>WRAP Class Session 1:</b> (12:30pm-4:30pm)</p>	<p><b>10</b></p> <p><b>WRAP Class Session 2: (10am-4:30pm)</b> <b>Lunch Served</b></p>	<p><b>11</b> <b>PG Thursday Events</b></p> <p>10am <b>Empowerment Class</b> 11am <b>Music Trivia</b> 12pm <b>Amigos Lunch</b> 1pm <b>Social Skills</b> 2pm <b>Evan Olsen Art Class</b></p>	<p><b>12</b></p> <p>"Movie Time Fridays" 11am-1pm Bring a Snack</p>
<p><b>15</b> <b>MLK DAY</b> <b>MHA CLOSED</b></p> 	<p><b>16</b></p> <p><b>ACT Session 7</b> "Living with Worry &amp; Anxiety" <b>10am -11:30am</b></p> <p><b>WRAP Class Session 3:</b> (12:30pm-4:30pm)</p>	<p><b>17</b></p> <p><b>WRAP Class Session 4: (10am-4:30pm)</b> <b>Lunch Served</b></p>	<p><b>18</b> <b>PG Thursday Events</b></p> <p>10am <b>Empowerment Class</b> 11am <b>Music Trivia</b> 12pm <b>Amigos Lunch</b> 1pm <b>Social Skills</b> 2pm <b>Evan Olsen Art Class</b></p> <p><b>NAMI, 6pm @ UCC</b></p>	<p><b>19</b></p> <p>"Movie Time Fridays" 11am-1pm Bring a Snack</p>
<p><b>22</b></p> <p>10am <b>Men's Group</b> 10am <b>Women's Group</b> 11am <b>Yoga for Women</b> 11am <b>Collage Art for Men</b> 12pm <b>Lunch</b> 1pm <b>Expressive Writing</b> 3PM <b>Buried in Treasures</b></p>	<p><b>23</b></p> <p><b>ACT Session 8</b> "Living with Worry &amp; Anxiety" <b>10am -11:30am</b></p>	<p><b>24</b></p>	<p><b>25</b> <b>PG Thursday Events</b></p> <p>10am <b>Empowerment Class</b> 11am <b>Music Trivia</b> 12pm <b>Amigos Lunch</b> 1pm <b>Social Skills</b> 2pm <b>Evan Olsen Art Class</b></p>	<p><b>26</b></p> <p>"Movie Time Fridays" 11am-1pm Bring a Snack</p>
<p><b>29</b></p> <p>10am <b>Men's Group</b> 10am <b>Women's Group</b> 11am <b>Yoga for Women</b> 11am <b>Collage Art for Men</b> 12pm <b>Lunch</b> 1pm <b>Expressive Writing</b> 3PM <b>Buried in Treasures</b></p>	<p><b>30</b></p> <p><b>No ACT Class Today</b></p> <p><b>February</b></p> <p><b>"Life with Anger"</b> <b>Series will begin</b></p>	<p><b>31</b></p>		
<p><b>3136 W. 4th Street</b> <b>Fort Worth, TX 76107</b> <b>Phone: 817-335-5405</b> <b>Fax: 817-810-3230</b> <b>Website: <a href="http://www.mhafc.org">www.mhafc.org</a></b></p>	 <p><b>Mental Health America</b> of Greater Tarrant County</p>	<p>Do you need someone understanding to talk to? Are you isolated and feeling alone? Call our WARM LINE M-F, 1pm-5pm</p> <p><b>We're here to listen. 817-546-7826</b></p>		

**PERSONAL GROWTH (PG) THURSDAYS!**

Stay active in your own recovery and self-care progress. Participate with us on Thursdays at Mental Health America:

**Empowerment Class @10am**

**Music Trivia @11am**

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

**Relationship Social Skills @1pm**

**Art Class with Evan Olsen @ 2pm**

**December Birthdays**


Mary S. 1-8

Kathleen C. 1-11

Zary H. 1-30



**Prime Time Peers**

**Karaoke & Lip Sync** 

Friday, January 5th 10am-1pm

Bring a Sack Lunch



**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 9th (12:30pm-4:30pm)

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

**Session 3:** Tuesday 16th (12:30pm-4:30pm)

**Session 4:** Wednesday 17th (10am-4:30pm)

**Lunch Provided on Wednesdays**

**Registration due by :**

**Friday January 5th**

**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

**NAMI, National Alliance on Mental Illness**

Contact Jennifer Nunley @ 817-332-6677

**UCC (University Christian Church)**

**January 18th 6pm -8:30pm "pot-luck meal" included (Bring a dish)**

located at

**2720 S. University Drive,  
Second Floor**



**A United Way Agency**

**EMPOWERMENT CLASSES**

**January 4 "What is Psychology"**

**January 11 "Post Traumatic Stress Disorder- PTSD"**

**January 18 "Strive For Something Better"**

**January 25 "How to Cope with Grief"**



**Become a MHA**

**Peer Support /WARM LINE**

**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.**