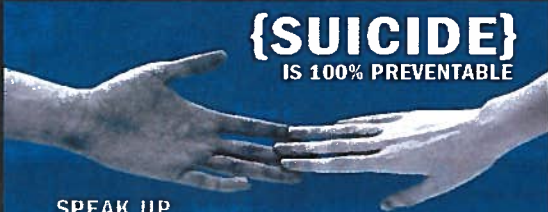






February 2018

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>The struggle you're in TODAY is developing the strength you need for TOMORROW. Don't Give Up.</p>	<p>{SUICIDE} IS 100% PREVENTABLE</p>  <p>SPEAK UP REACH OUT</p>		<p>1</p> <p>PG Thursday Events</p> <p>10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>2</p> <p>Prime Time Peers</p> <p>Lets go to the movies!</p> <p>see back for details</p> 
<p>5</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>6</p> <p>ACT New Series Begins "Life with Anger" 10am -11:30am</p>	<p>7</p>	<p>8</p> <p>PG Thursday Events</p> <p>10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>9</p> <p>"Movie Time Fridays"</p>  <p>11am-1pm Bring a Snack</p>
<p>12</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>13</p> <p>ACT Session 2 "Life with Anger" 10am -11:30am</p>	<p>14</p>	<p>15</p> <p>PG Thursday Events</p> <p>10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p> <p>NAMI, 6pm @ UCC</p>	<p>16</p> <p>"Movie Time Fridays"</p>  <p>11am-1pm Bring a Snack</p>
<p>19</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>20</p> <p>ACT Session 3 "Life with Anger" 10am -11:30am</p>	<p>21</p>	<p>22</p> <p>PG Thursday Events</p> <p>10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class</p>	<p>23</p> <p>"Movie Time Fridays"</p>  <p>11am-1pm Bring a Snack</p>
<p>26</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>27</p> <p>ACT Session 4 "Life with Anger" 10am -11:30am</p>	<p>28</p>	<p>POSITIVE MIND VIBES LIFE</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 **Mental Health America:**

Empowerment Class @10am

Movers and Shakers @11am

Amigos Lunch @12pm— 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

February Birthdays

Laura F. 2/10

Rosanne H. 2/16

Anne R. 2/18

Rachelle S. 2/24

Catherine W. 2/28



Prime Time Peers

"Lets Go to the Movies"

Join us on a walk to 7th street Movie Tavern

Time and show 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

(Wellness Recovery Action Plan)

No WRAP for February

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)

February 15 6pm -8:30pm"pot-luck meal" included (Bring a dish)

located at

2720 S. University Drive,

Second Floor



A United Way Agency

EMPOWERMENT CLASSES

February 1 "Compassion for Self & Others"

February 8 "The Joy of Helping"

February 15 "Feeling Good About Yourself"

February 22 "Benefits of Positive Thinking"



Become a MHA

Peer Support /WARM LINE

Volunteer!

Contact

817-335-5405

for application or details!

Acceptance Commitment Therapy

Open to the public

Life with Anger:

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.