





APRIL 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
2 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Lunch/Volunteer Meeting 1pm Expressive Writing 3pm Buried in Treasures	3 No ACT Class Today	4	5 <u>PG Thursday Events</u> 10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class	6 <u>Prime Time Peers</u> "Mini Golf" 11am-1pm Van Leaves MHA @ 10:30 
9 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Lunch 1pm Expressive Writing 3pm Buried in Treasures	10 ACT New Series Begins "Dealing with Depression" Veterans WRAP Class Session 1: (12:30pm-4:30pm) ★★★★★ 	11 Veterans WRAP Class Session 2: (10am-4:30pm) Lunch Served 	12 <u>PG Thursday Events</u> 10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class	13 "Movie Time Fridays" 11am-1pm Bring a Snack 
16 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Lunch 1pm Expressive Writing 3pm Buried in Treasures	17 ACT Session 2 "Dealing with Depression" 10am -11:30am Veterans WRAP Class Session 3: (12:30pm-4:30pm) ★★★★★ 	18 Veterans WRAP Class Session 4: (10am-4:30pm) Lunch Served 	19 <u>PG Thursday Events</u> 10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class NAMI, 6pm @ UCC	20 "Movie Time Fridays" 11am-1pm Bring a Snack 
23 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	24 ACT Session 3 "Dealing with Depression" 10am -11:30am VOLUNTEER APPRECIATION WEEK	25 MHA Volunteer Appreciation Luncheon 11:30am-12:30pm 	26 <u>PG Thursday Events</u> 10am Empowerment Class 11am Movers and Shakers 12pm Amigos Lunch 1pm Social Skills 2pm Evan Olsen Art Class	27 "Movie Time Fridays" 11am-1pm Bring a Snack 
30 10am Men's Group 10am Women's Group 11am Yoga for Women 11am Games for Men 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	<div style="border: 2px solid blue; padding: 10px; background-color: white;"> <p style="font-size: 1.2em; font-weight: bold; color: blue;">There is no "I" in Team, but we sure are glad there is "U" in our volunteers!</p> </div>		<div style="border: 2px solid blue; padding: 10px; background-color: white;"> <p style="font-size: 1.5em; font-weight: bold; color: blue;">Thank you MHA Volunteers!!</p> </div>	

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 & Shakers @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 @ 1pm

April Birthdays

Dan C. 4-1

Louis O. 4-2

Matt F. 4-19

Gary G. 4-20

Monica C. 4-26

Prime Time Peers

"Mini Golf"

11am-1pm

Van Leaves MHA
@10:30



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

VETERANS WRAP THIS MONTH

Wellness Recovery Action Plan

WRAP Will Help You:

- Discover your own simple, safe Wellness Tools
- Develop a list of things to do every day to stay as well as possible
- Identify upsetting events, early warning signs and signs that things have gotten much worse and, using Wellness Tools, develop action plans for responding at these times
- Guide you through the process of developing a Crisis Plan or Advance Directive
- Introduce you to Post Crisis Planning

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 Julia Webb @ 817-332-6677

UCC (University Christian Church)

April 19th 6pm -8:30pm "pot-luck meal" included (Bring a dish)

located at

2720 S. University Drive,

Second Floor



A United Way Agency

EMPOWERMENT CLASSES

April 5 "Spring Into Fun"

April 12 "Benefits of Light Therapy"

April 19 "It's not always your Fault"

April 26 "Seasonal Affective Disorder"



Become a MHA

Peer Support / WARM LINE

Volunteer!

Contact

817-335-5405

for application or details!

Acceptance Commitment Therapy

Open to the public

Dealing 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.