

MAY 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>MENTAL HEALTH AWARENESS MONTH</p> <p>Mental Health Matters</p> | <p>1</p> <p>ACT Session 4 "Dealing with Depression" 10am -11:30am</p> | <p>2</p> <p>Prime Time Peers</p>  <p>10am-1pm</p> | <p>3</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>4</p> <p>"Movie Fridays" 11am-1pm Bring a Snack</p>  <p>Movie</p> <p>Marathon Month</p> |
| <p>7:10am Men's Group 10am Women's Group 11am Yoga for Women 11am Video Enlightenment 12pm Lunch/Volunteer Meeting 1pm Expressive Writing 3pm Buried in Treasures</p> | <p>8</p> <p>ACT Session 5 "Dealing with Depression" 10am -11:30am</p> | <p>Hey, you. Don't give up, okay?</p> | <p>10</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>11</p> <p>"Movie Fridays" 11am-1pm Bring a Snack</p>  <p>Insight Seminar 1pm-4pm</p> |
| <p>14</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures</p> | <p>15</p> <p>ACT Session 6 "Dealing with Depression" 10am -11:30am</p> <p>WRAP Class Session 1: (12:30pm-4:30pm)</p> | <p>WRAP Class Session 2: (10am-4:30pm)</p> <p>Lunch Served</p> | <p>17</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>18</p> <p>"Movie Fridays" 11am-1pm Bring a Snack</p>  |
| <p>12</p> <p>10am Men's Group 10am Women's Group 11am Yoga for Women 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures</p> | <p>22</p> <p>ACT Session 7 "Dealing with Depression" 10am -11:30am</p> <p>WRAP Class Session 3: (12:30pm-4:30pm)</p> | <p>23</p> <p>WRAP Class Session 4: (10am-4:30pm)</p> <p>Lunch Served</p> | <p>24</p> <p>NO CLASSES TODAY</p> <p>Doors Open @2:30</p> | <p>25</p> <p>"Movie Fridays" 11am-1pm Bring a Snack</p>  <p>Insight Seminar 1pm-4pm</p> |
| <p>28</p> <p>MHA CLOSED</p> <p>MEMORIAL DAY</p>  | <p>29</p> <p>ACT Session 8 "Dealing with Depression" 10am -11:30am</p>  <p>Veterans Crisis Line 1-800-273-8255 PRESS 9</p> <p>Text to 838255</p> | <p>30</p> <p>NATIONAL SUICIDE PREVENTION LIFELINE</p>  <p>1-800-273-TALK (8255) suicidepreventionlifeline.org</p> | <p>31</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>Wear Green on May 24th to help Support Mental Health Awareness</p> <p>Mental Health Matters!</p> |
| <p>3136 W. 4th Street Fort Worth, TX 76107 Phone: 817-335-5405 Fax: 817-810-3230 Website: www.mhatc.org</p> |  <p>Mental Health America 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>We're here to listen. 817-546-7826</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

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 @ 2pm

May Birthdays

Trudy D. 5/1

Rick G. 5/1

Al L. 5/13

Walker T. 5/15

Sherry C. 5/22

Sam P. 5/28



Prime Time Peers



10am-1pm

Van Leaves MHA

@9:30

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

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

Contact: Catherine Wightman

817-673-5375

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)

May 17th 6pm -8:30pm "pot-luck meal" included (Bring a dish)

located at

2720 S. University Drive,

Second Floor



A United Way Agency

EMPOWERMENT CLASSES

May 3 "Your Texas Benefits Q&A"

May 10 "Gratitude is the Best Attitude"

May 17 "Being Productive in Life"

May 24 **NO CLASSES TODAY DOORS OPENS @2:30**

May 30 "Peace Within"



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.