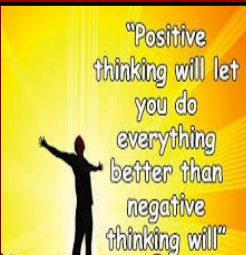



JUNE 2018

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
	<h3 style="color: #800000;">Heat Safety Tips</h3> <ul style="list-style-type: none"> <input type="checkbox"/> Never leave children or pets in vehicles <input type="checkbox"/> Stay Hydrated – Drink plenty of water, avoid beverages with alcohol or caffeine <input type="checkbox"/> When engaging in outdoor activities: <ul style="list-style-type: none"> <input type="checkbox"/> Take frequent breaks in the shade or indoors <input type="checkbox"/> Apply and reapply sunscreen often <input type="checkbox"/> Don't forget to protect the top of your head and ears <input type="checkbox"/> Wear light weight, breathable and lightly colored clothing <input type="checkbox"/> Check on the elderly, they are more sensitive to temperature extremes <input type="checkbox"/> Know the signs of heat related illness: 		<p style="color: white;">Social Skills topics has been added to calendar.</p> <p style="color: white;">See reverse side for details.</p>	<p>1</p> <p style="color: white;">"Movie Fridays" 11am-1pm Bring a Snack</p>
<p>4 10am <u>Men's Group</u></p> <p>10am <u>Women's Group</u></p> <p>11am <u>Yoga</u></p> <p>11am <u>Video Enlightenment</u></p> <p style="background-color: #FFD700;">12pm <u>Lunch/Volunteer Meeting</u></p> <p>1pm <u>Expressive Writing</u></p> <p>3pm <u>Buried in Treasures</u></p>	<p>5</p> <p style="color: white; font-size: 1.2em;">No ACT Class Today</p>	<p>6 <u>Prime Time Peers</u></p>  <p>10am-1pm</p>	<p>7 <u>PG Thursday Events</u></p> <p>10am <u>Empowerment Class</u></p> <p>11am <u>Movers and Shakers</u></p> <p>12pm <u>Amigos Lunch</u></p> <p>1pm <u>Social Skills</u></p> <p>2pm <u>Art Class</u></p>	<p>8 <u>WRAP Registrations due</u></p> <p style="color: white;">"Movie Fridays" 11am-1pm Bring a Snack</p> <p style="background-color: #FFD700;">Insight Seminar 1pm-4pm</p>
<p>11</p> <p>10am <u>Men's Group</u></p> <p>10am <u>Women's Group</u></p> <p>11am <u>Yoga</u></p> <p>11am <u>Video Enlightenment</u></p> <p>12pm <u>Lunch</u></p> <p>1pm <u>Expressive Writing</u></p> <p>3PM <u>Buried in Treasures</u></p>	<p>12 <u>ACT New Series Begins</u> "Living with Worry & Anxiety" 10am -11:30am</p> <p style="background-color: #FFD700; color: white; padding: 5px;">WRAP Class Session 1: (12:30pm-4:30pm)</p>	<p>13</p> <p style="background-color: #FFD700; color: white; padding: 5px;">WRAP Class Session 2: (10am-4:30pm) Lunch Served</p>	<p>14 <u>PG Thursday Events</u></p> <p>10am <u>Empowerment Class</u></p> <p>11am <u>Movers and Shakers</u></p> <p>12pm <u>Amigos Lunch</u></p> <p>1pm <u>Social Skills</u></p> <p>2pm <u>Art Class</u></p>	<p>15</p> <p style="color: white;">"Movie Fridays" 11am-1pm Bring a Snack</p>
<p>18</p> <p>10am <u>Men's Group</u></p> <p>10am <u>Women's Group</u></p> <p>11am <u>Yoga</u></p> <p>11am <u>Video Enlightenment</u></p> <p>12pm <u>Lunch</u></p> <p>1pm <u>Expressive Writing</u></p> <p>3PM <u>Buried in Treasures</u></p>	<p>19 <u>ACT Session 2</u> "Living with Worry & Anxiety" 10am -11:30am</p> <p style="background-color: #FFD700; color: white; padding: 5px;">WRAP Class Session 3: (12:30pm-4:30pm)</p>	<p>20</p> <p style="background-color: #FFD700; color: white; padding: 5px;">WRAP Class Session 4: (10am-4:30pm) Lunch Served</p>	<p>21 <u>PG Thursday Events</u></p> <p>10am <u>Empowerment Class</u></p> <p>11am <u>Movers and Shakers</u></p> <p>12pm <u>Amigos Lunch</u></p> <p>1pm <u>Social Skills</u></p> <p>2pm <u>Art Class</u></p> <p style="background-color: #000080; color: white; text-align: center; padding: 2px;">NAMI, 6pm @ UCC</p>	<p>22 <u>"Movie Fridays"</u> 11am-1pm Bring a Snack</p> <p style="background-color: #FFD700; color: white; padding: 5px;">Insight Seminar 1pm-4pm</p>
<p>25</p> <p>10am <u>Men's Group</u></p> <p>10am <u>Women's Group</u></p> <p>11am <u>Yoga</u></p> <p>11am <u>Video Enlightenment</u></p> <p>12pm <u>Lunch</u></p> <p>1pm <u>Expressive Writing</u></p> <p>3PM <u>Buried in Treasures</u></p>	<p>26</p> <p style="color: white;">ACT Session 3 "Living with Worry & Anxiety" 10am -11:30am</p>	<p>27</p>	<p>28 <u>PG Thursday Events</u></p> <p>10am <u>Empowerment Class</u></p> <p>11am <u>Movers and Shakers</u></p> <p>12pm <u>Amigos Lunch</u></p> <p>1pm <u>Social Skills</u></p> <p>2pm <u>Art Class</u></p>	<p>29</p> <p style="color: white;">"Movie Fridays" 11am-1pm Bring a Snack</p>

3136 W. 4th Street
Fort Worth, TX 76107
Phone: 817-335-5405
Fax: 817-810-3230
Website: www.mhac.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 @ 2pm

June Birthdays

Candi K. 6/4

Randi S. 6/4

Teresa C. 6/8

Barbara D. 6/22

Happy Birthday to You 🎵



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 @ 817-332-6677

UCC (University Christian Church)

June 21st 6pm -8:30pm"pot-luck meal" included (Bring a dish)

located at

2720 S. University Drive,
Second Floor

EMPOWERMENT

June 7 "How to Say No!"

June 14 "Dealing with Bullies"

June 21 "Stay Strong Through Recovery"

June 28 "Recovery Story"



Become a MHA

Peer Support /WARM LINE

Volunteer!

Contact

817-335-5405

for application or details!

SOCIAL SKILLS

Topic: Coping Toolbox

June 7 "Calming Anxiety"

June 14 "Tame Your Temper"

June 21 "Finding Hope in the Dark"

June 28 "Twist of the Bi-Polar Coaster"

Acceptance Commitment Therapy

Open to the public

"Living with Worry and 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.



A United Way Agency