





JULY 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 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3pm Buried in Treasures	3 <div style="background-color: #00a0e3; color: white; padding: 5px; text-align: center;"> Volunteer/Warm Line Meeting 12pm-1pm </div> <div style="color: red; text-align: center;"> ACT Session 3 "Living with Worry & Anxiety" 10am -11:30am </div>	4 <div style="text-align: center; color: white;"> MHA CLOSED </div>  <p style="text-align: center; font-size: small; color: white;"> <i>May peace, love and happiness... Always be with you! Wishing you a very happy Fourth of July!</i> </p>	5 <div style="text-align: center; color: white;"> PG Thursday Events </div> 10am Empowerment Class 11am Bingo (New) 12pm Amigos Lunch 1pm Social Skills 2pm Art Class	6 <div style="text-align: center; color: white;"> "Movie Fridays" 11am-1pm Bring a Snack </div> 
9 10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	10 <div style="color: red; text-align: center;"> ACT Session 4 "Living with Worry & Anxiety" 10am -11:30am </div>	11 <div style="text-align: center; color: white;"> Prime Time Peers Cowtown Bowling </div>  <p style="text-align: center; color: white; font-size: large;">1:30-3:30</p>	12 <div style="text-align: center; color: white;"> PG Thursday Events </div> 10am Empowerment Class 11am Bingo (New) 12pm Amigos Lunch 1pm Social Skills 2pm Art Class	13 <div style="text-align: center; color: white;"> WRAP Registrations due </div> <div style="text-align: center; color: white;"> "Movie Fridays" 11am-1pm Bring a Snack </div>  <div style="background-color: red; color: white; text-align: center; padding: 5px;"> Insight Seminar 1pm-4pm </div>
16 10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	17 <div style="color: red; text-align: center;"> ACT Session 5 "Living with Worry & Anxiety" 10am -11:30am </div>	18 	19 PG Thursday classes will resume as scheduled. <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> WRAP Class Session 1: (12:30pm-4:30pm) </div>  <div style="background-color: #0056b3; color: white; text-align: center; padding: 5px;"> NAMI, 6pm @ UCC </div>	20 <div style="text-align: center; color: white;"> No Movie Today </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> WRAP Class Session 2: (10am-4:30pm) Lunch Served </div> 
23 10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	24 <div style="color: red; text-align: center;"> ACT Session 6 "Living with Worry & Anxiety" 10am -11:30am </div> <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> WRAP Class Session 3: (12:30pm-4:30pm) </div> 	25 <div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> WRAP Class Session 4: (10am-4:30pm) Lunch Served </div> 	26 <div style="text-align: center; color: white;"> PG Thursday Events </div> 10am Empowerment Class 11am Bingo (New) 12pm Amigos Lunch 1pm Social Skills 2pm Art Class	27 <div style="text-align: center; color: white;"> "Movie Fridays" 11am-1pm Bring a Snack </div>  <div style="background-color: red; color: white; text-align: center; padding: 5px;"> Insight Seminar 1pm-4pm </div>
30 10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Lunch 1pm Expressive Writing 3PM Buried in Treasures	31 <div style="color: red; text-align: center;"> ACT Session 7 "Living with Worry & Anxiety" 10am -11:30am </div>	 <p style="font-size: small; color: white;"> Veterans Crisis Line 1-800-273-8255 PRESS 1 Text to 838255 </p>		
<div style="background-color: #0056b3; color: white; padding: 10px;"> <p style="font-size: large; color: white;"> No. You are not alone. Yes. We all feel this way sometimes. No. You won't always feel like this. YES. The world is a better place with you in it. </p> </div>				
3136 W. 4th Street Fort Worth, TX 76107 Phone: 817-335-5405 Fax: 817-810-3230 Website: www.mhatic.org		 <p style="font-size: small; color: white;"> Mental Health America of Greater Tarrant County </p>		
 <p style="font-size: small;"> Do you need someone understanding to talk to? Are you isolated and feeling alone? Call our WARM LINE M-F, 1pm-5pm </p> <p style="font-size: large; font-weight: bold;"> 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

Bingo (New) @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

July Birthdays

Al M.	7/1
America	7/4
Kendrick S.	7/7
Don B.	7/23
Eric V.	7/24
Alicia B.	7/28



Prime Time Peers

"Cowtown Bowling"



Wednesday July 11th

1:30PM-3:30

Van Leaves MHA @ 1pm

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

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)

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

located at

2720 S. University Drive,
Second Floor

EMPOWERMENT

July 5	"Moving Forward"
July 12	"Finding Your Authentic Self"
July 19	"Creating Goals for Happiness"
July 26	"Success in Recovery"

SOCIAL SKILLS

July 5	"Positive Social Media"
July 12	"Cell Phone Etiquette"
July 19	"Family Relationships"
July 26	"Work Relationships"



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 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