


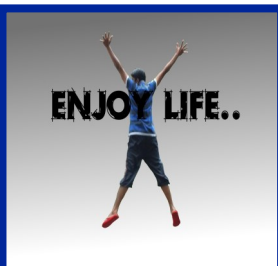




February 2019

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>Trinity Metro Bus Training PG Thursday February 14, 2019 @ MHA 10am-12pm</p> <p>Join the training class and learn how to get around DFW and go the places you want to see and have fun. Trainer: Transit Ambassador Supervisor Greg Scott</p>			<p>1</p>  <p>"Movie Time" 11am-1pm Bring a Snack</p>	
<p>4</p> <p>10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Healthy Snacks 3pm Buried in Treasures</p>	<p>5</p> <p>ACE Session 3 "Living with Worry & Anxiety" 10am -11:30am</p>	<p>6</p>	<p>7 PG Thursday Events</p> <p>10am Empowerment 11am Social Skills 12pm Healthy Snacks 12:30pm BINGO!</p>	<p>8</p>  <p>"Movie Time" 11am-1pm Bring a Snack</p>
<p>11</p> <p>10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Healthy Snacks 3pm Buried in Treasures</p>	<p>12</p> <p>ACE Session 4 "Living with Worry & Anxiety" 10am -11:30am</p> <p>WRAP Class Session 1: (12:30pm-4:30pm)</p>	<p>13</p> <p>WRAP Class Session 2: (10am-4:30pm) Lunch Served</p>	<p>14 PG Thursday Events</p> <p>10am-12 pm Trinity Metro Bus Training</p> <p>12pm Healthy Snacks 12:30pm BINGO!</p>	<p>15</p>  <p>"Movie Time" 11am-1pm Bring a Snack</p>
<p>18</p> <p>10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Healthy Snacks 3pm Buried in Treasures</p>	<p>19</p> <p>ACE Session 5 "Living with Worry & Anxiety" 10am -11:30am</p> <p>WRAP Class Session 3: (12:30pm-4:30pm)</p>	<p>20</p> <p>WRAP Class Session 4: (10am-4:30pm) Lunch Served</p>	<p>21 PG Thursday Events</p> <p>10am Empowerment 11am Social Skills 12pm Healthy Snack 12:30pm BINGO!</p> <p>NAMI, 6pm @ UCC</p>	<p>22</p>  <p>"Movie Time" 11am-1pm Bring a Snack</p>
<p>25</p> <p>10am Men's Group 10am Women's Group 11am Yoga 11am Video Enlightenment 12pm Healthy Snacks 3pm Buried in Treasures</p>	<p>26</p> <p>ACE Session 6 "Living with Worry & Anxiety" 10am -11:30am</p>	<p>27</p>	<p>28 PG Thursday Events</p> <p>10am Empowerment 11am Social Skills 12pm Healthy Snacks 12:30pm BINGO!</p>	 <p>ENJOY LIFE..</p>
<p>3136 W. 4th Street Fort Worth, TX 76107 Phone: 817-335-5405 Fax: 817-810-3230 Website: www.mhatc.org</p>	 <p>MHA 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

Social Skills @11am

Healthy Snacks @12pm— Enjoy a healthy snack and meet new friends! 817-335-5405 to reserve your place by 4pm every Tuesday.

BINGO! @12:30pm

February Birthdays

Ryan G. 2/2

Timothy B. 2/6

Laura F. 2/10

Rosanne H. 2/16

Frank Z. 2/21

Steven H. 2/26

**HAPPY
BIRTHDAY**



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)

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

located at

2720 S. University Drive,
Second Floor

EMPOWERMENT

Feb. 7 "Coping Strategies for Depression"

Feb.14 "Trinity Metro Bus Training"

Feb.21 "Challenging Yourself"

Feb.28 "Recovery Story"



Become a MHA

Peer Support /WARM LINE

Volunteer!

Contact

817-335-5405

for application or details!

SOCIAL SKILLS

Feb. 7 "Develop Positive Relationships"

Feb.14 "Trinity Metro Bus Training.. Continued"

Feb.21 "Staying Socially Connected"

Feb.28 "How to Give Unconditional Love"

A .C. E

Acknowledge. Change. Exercise.

Open to the public

ACE Group Session

"Living With Worry & Anxiety"

No Charge

An acceptance based approach 8 week program.



A United Way Agency