

March 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>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</p> 		<p>March is Self-Injury Awareness Month</p> 		<p>1</p>  <p>Self-Harm Awareness Day March 1</p>
<p>4</p> <p>10am <u>Men's Group</u> 11am <u>Women's Group</u> 12pm <u>Healthy snacks</u> 3pm <u>Buried in Treasures</u> No Yoga Today</p>	<p>5</p> <p>ACE Session 7 "Living with Worry & Anxiety" 10am -11:30am</p>	<p>6</p>	<p>7</p> <p>PG Thursday Events 10am <u>Empowerment</u> 11am <u>Social Skills</u> 12 pm <u>Healthy snacks</u></p>	<p>8</p>  <p>11:30 - 1:30 Bring a Snack</p> <p>WRAP Registrations due</p>
<p>11</p> <p>10am <u>Men's Group</u> 11am <u>Women's Group</u> 12pm <u>Healthy snacks</u> 1pm <u>Yoga</u> 3pm <u>Buried in Treasures</u></p>	<p>12</p> <p>ACE Session 8 "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</p> <p>PG Thursday Events 10am <u>Empowerment</u> 11am <u>Social Skills</u> 12 pm <u>Healthy snacks</u></p>	<p>15</p>  <p>11:30 - 1:30 Bring a Snack</p>
<p>18</p> <p>10am <u>Men's Group</u> 11am <u>Women's Group</u> 12pm <u>Healthy snacks</u> 1pm <u>Yoga</u> 3pm <u>Buried in Treasures</u></p>	<p>19</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</p> <p>PG Thursday Events 10am <u>Empowerment</u> 11am <u>Social Skills</u> 12 pm <u>Healthy snacks</u></p> <p>NAMI, 6pm @ UCC</p>	<p>22</p>  <p>11:30 - 1:30 Bring a Snack</p>
<p>25</p> <p>10am <u>Men's Group</u> 11am <u>Women's Group</u> 12pm <u>Healthy snacks</u> 1pm <u>Yoga</u> 3pm <u>Buried in Treasures</u></p>	<p>26</p>	<p>27</p>	<p>28</p> <p>PG Thursday Events 10am <u>Empowerment</u> 11am <u>Social Skills</u> 12 pm <u>Healthy snacks</u></p>	<p>29</p>  <p>11:30 - 1:30 Bring a Snack</p>

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



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

Community Groups Held off site:

DBSA GROUP

Contact: Catherine Wightman
817-673-5375

held @ Baylor All Saints Hospital in Fazel room
1400 8th St.
Fort Worth, TX

NAMI, National Alliance on
Mental Illness

Contact @ 817-332-6677

UCC (University Christian Church)

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

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

March Birthdays

Nancy C.	3/14
Nannette S.	3/19
Brandon C.	3/21



EMPOWERMENT

March 7 "Self Harm Safety Plan"
March 14 "Spring Cleaning for the Mind"
March 21 "Coping Skills"
March 28 "Recovery Story"

SOCIAL SKILLS

March 7 "Say it Straight"
March 14 "Social Skills Goals"
March 21 "Positive Self Talk"
March 28 "Getting to Know People Better"



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