



4th Street Peer

JUNE 2019



Supported by Mental Health America of Greater Tarrant County

Please read the reverse side for detailed information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am Peer Support Group 11am Yoga 12pm Healthy Snacks 3pm Buried in Treasures	4 	5 	6 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Snacks	7  Movie Time 11:30am-1:30pm <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">WRAP Registrations due</div>
10 10am Peer Support Group 11am Yoga 12pm Healthy Snacks 3pm Buried in Treasures	11 <div style="border: 1px solid black; padding: 5px; text-align: center;">WRAP Class Session 1: (12:30pm- 4:30pm)</div>	12 <div style="border: 1px solid black; padding: 5px; text-align: center;">WRAP Class Session 2: (10am-4:30pm) Lunch served</div>	13 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Snacks	14  Movie Time 11:30am-1:30pm Bring a Snack
17 10am Peer Support Group 11am Yoga 12pm Healthy Snacks 3pm Buried in Treasures	18 <div style="border: 1px solid black; padding: 5px; text-align: center;">WRAP Class Session 3: (12:30pm-4:30pm)</div>	19 <div style="border: 1px solid black; padding: 5px; text-align: center;">WRAP Class Session 4: (10am-4:30pm) Lunch served</div>	20 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Snacks <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">NAMI, 6pm @ UCC</div>	21  Movie Time 11:30am-1:30pm Bring a Snack
24 10am Peer Support Group 11am Yoga 12pm Healthy Snacks 3pm Buried in Treasures	25 	26 	27 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Snacks	28  Movie Time 11:30am-1:30pm Bring a Snack
	A.C.E. on Break <small>(See reverse side for more info)</small>	<div style="background-color: #2e7d32; color: white; padding: 10px;"> <h1 style="margin: 0;">JUNE</h1> <h2 style="margin: 0;">PTSD Awareness Month</h2> </div>		 
3136 W. 4th Street Fort Worth, TX 76107 Phone: 817-335-5405 Fax: 817-810-3230 Website: www.mhafc.org	 Mental Health America <small>of Greater Tarrant County</small>	 United Way A United Way Agency		 mhmr tarrant <small>WE CHANGE LIVES</small>

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 snacks and meet new friends!

June Birthdays

Barbara Dixon 6/22



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:

Depression Connection

3800 Hulen St. #150
Fort Worth, TX 76107
(817) 810-9599

NAMI, National Alliance on Mental Illness

Contact @ 817-332-6677
UCC (University Christian Church)

June 20th 6pm-8:30pm

"pot-luck meal" included
(Bring a dish)

located at
2720 S. University Drive,
Second Floor

EMPOWERMENT

June 6 "Differences of PTSD"
June 13 "Relationship Boundaries"
June 20 "Summertime Mind"
June 27 "Peer Story"

SOCIAL SKILLS

June 6 "Connecting with PTSD"
June 13 "Using Questions"
June 20 "Socializing with Topics"
June 27 "Confidence in Your Story"

A.C.E.

Acknowledge. Change. Exercise.

Sessions are on **BREAK**

Will Return

with

"Life with Anger"

