

4th Street Peer Calendar



Partners with Mental Health America of Greater Tarrant County

Please read the reverse side for detailed information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Group	2
5 10am Peer Support Group 11pm Healthy Group 3pm Buried in Treasures	6 WRAP Class Session 1: (12:30pm– 4:30pm)	7 ACE New Series Begins “Life with Anger” 11am -12pm Session 1 WRAP Class Session 2: (10am-4:30pm)	8 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Group	9
12 10am Peer Support Group 11pm Healthy Group 3pm Buried in Treasures	13 WRAP Class Session 3: (12:30pm-4:30pm)	14 ACE Session 2 11am-12pm WRAP Class Session 4: (10am-4:30pm)	15 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Group NAMI, 6pm @ UCC	16
19 10am Peer Support Group 11pm Healthy Group 3pm Buried in Treasures	20	21 ACE Session 3 11am-12pm	22 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Group	23
26 10am Peer Support Group 11pm Healthy Group 3pm Buried in Treasures	27	28 ACE Session 4 11am-12pm	29 PG Thursday Events 10am Empowerment Class 11am Social Skills Class 12pm Healthy Group	30



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 Group @12pm

August Birthdays

Ernest F. 8/11

Alicia M. 8/17

Ricardo C. 8/19

James A. 8/24



Peer Support



We Got Your Back

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?

817-546-7826

Available Days and Times : TBD

In Case of Mental Health crisis:
817-335-3022

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:

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)

August 15th 6pm-8:30pm

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

located at
2720 S. University Drive,
Second Floor

EMPOWERMENT

Aug 1st *Processing Change*
Aug 8th *Music and Mental Health*
Aug 15th *Overcoming Depression*
Aug 22nd *Co-Dependency*
Aug 29th *S.A.D.*

SOCIAL SKILLS

Aug 1st *Q & A*
Aug 8th *Role Play Conversations*
Aug 15th *"A good laugh"*
Aug 22nd *Effective Communication*
Aug 29th *Small group topics*

A.C.E.

Acknowledge. Change. Exercise.

Sessions Will begin Wednesday **8/7/2019**

with

"Life with Anger"