

REACHING ACROSS – September 2023

A peer-run program of the Peer Wellness Collective

Learn more about us at www.peerwellnesscollective.org or contact us at rastaff@acnetmhc.org

Reaching Across groups on Monday & Tuesday will be at 3883 Peralta Suite C, Wednesday and Thursday will be facilitated using Zoom.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hispanic Heritage Month</p> 	<p>(hybrid) means that the group is offered <u>both</u> in person and online</p>			<p>1 National Honey Month</p> 
<p>4</p> <p style="text-align: center;">LABOR DAY</p>	<p>5</p> <p>Artistic Expression 10:00 – 11:00</p> <p>Meditation (hybrid) 11:00 – 12:00</p> <p>Open Activities 12:30 – 2:30</p>	<p>6</p> <p>W.R.A.P.® 11:00 - 12:00</p> <p>Cultivating Self-Compassion 1:00 – 2:00</p>	<p>7</p> <p>Insight & Perspectives Group: <i>Holistic</i> 10:00 – 11:30</p> <p>Spirituality Group 2:30 – 3:30</p>	<p>8</p>
<p>11</p> <p>Crafts 10:00 – 11:00</p> <p>Drumming 11:00 – 12:00</p> <p>Open Activities 12:30 – 2:30</p>	<p>12</p> <p>Nutrition Group (hybrid) 10:00 - 11:30</p> <p>Meditation (hybrid) 11:30 – 12:30</p> <p>Open Activities 1:00 – 2:30</p>	<p>13</p> <p>W.R.A.P.® 11:00 - 12:00</p> <p>The Power of Journaling 1:00 – 2:00</p> <p>The Love of Music 2:30 – 3:30</p>	<p>14</p> <p>Feelings as Messengers 10:00 – 11:00</p> <p>Creative Writing Hispanic Heritage 11:30 – 12:30</p> <p>Recovery Reflection 2:30 – 3:30</p>	<p>15</p> <p style="text-align: center;">In Person Picnic At Lake Elizabeth</p> <p style="text-align: center;">12:00 – 1:30</p>
<p>18</p> <p>Crafts 10:00 – 11:00</p> <p>T'ai Chi 11:00 - 12:00</p> <p>Open Activities 12:30 – 2:30</p>	<p>19</p> <p>Artistic Expression 10:00 – 11:00</p> <p>Meditation (hybrid) 11:00 – 12:00</p> <p>Open Activities 12:30 – 2:30</p>	<p>20</p> <p>W.R.A.P.® 11:00 - 12:00</p> <p>Cultivating Self-Compassion 1:00 – 2:00</p>	<p>21</p> <p>Insight & Perspectives Group: <i>Empowerment</i> 1:00 – 2:30</p> <p>Spirituality Group 2:30 – 3:30</p>	<p>22</p>
<p>25</p> <p>Crafts 10:00 – 12:00</p> <p>Open Activities 12:30 – 2:30</p>	<p>26</p> <p>Nutrition Group (hybrid) 10:00 - 11:30</p> <p>Meditation (hybrid) 11:30 – 12:30</p> <p>Open Activities 1:00 – 2:30</p>	<p>27</p> <p>W.R.A.P.® 11:00 - 12:00</p> <p>The Power of Journaling 1:00 – 2:00</p> <p>The Love of Music 2:30 – 3:30</p>	<p>28</p> <p>Feelings as Messengers 10:00 – 11:00</p> <p>Creative Writing Honey 11:30 – 12:30</p> <p>T'ai Chi Chih 1:00 - 2:00</p>	<p>29</p>

Our Staff: Program Manager: Natalie Stone Asst Manager: Rev. Barbara Meyers Peer Support Assistant: Gary Figuracion

Our mission is to challenge societal stigma and uplift the worth of all individuals because all people have the right to self-empowerment, independence, holistic wellness, and a sense of community.

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Meeting	Reaching Across Meeting Descriptions	Facilitator	Supplies Needed
Peer Support Meetings			
Insight & Perspectives Support Group	Description: Peer-support group with a time to both explore personal psychological challenges. For some groups there is also time to focus on an issue.	Barbara	
Cultivating Self-Compassion	Description: Group that focuses on healthy relationship with yourself.	Natalie	Writing paper, and pencil or pen to write with.
Recovery Reflection	Description: Watching Recovery videos and discussing how the lessons learned apply to ourselves	Barbara / Gary	
Feelings as Messengers	Description: Examining the role that feelings play in our lives: they are tools we can use to promote emotional wellness	Natalie	Writing paper, and pencil or pen to write with.
W.R.A.P.®	Wellness Recovery Action Plan® - a simple and powerful process for creating the life and wellness you want.	Natalie / Markeet'a	Writing paper, and pencil or pen to write with.
Open Activities	Self-directed special projects in community	Staff	
Mindfulness Meetings			
Meditation	Description: Various forms of meditation to help in relaxation and reduction of anxiety and stress	Gary	A comfortable place to sit or lie down and listen
Spirituality Group	Description: Focus on the role of spirituality in recovery from mental health difficulties.	Barbara	Bring a favorite prayer or reading to share
T'ai Chi Chih	Recommended Video: T'ai Chi Chih is a non-martial arts form of T'ai Chi. An excellent online video at this link: T'ai Chi Chih	On your own and with Gary	Comfortable clothes
Health & Wellness Meetings			
Nutrition Group	Description: Focus on learning healthy eating habits	Gary / Barbara	
PICNIC	Description: A gathering at Lions Area at Lake Elizabeth	Natalie / Barbara	Can you bring a dish to share?
Creativity Meetings			
Creative Writing and Moods	Description: Using creative writing via responding to writing prompts.	Barbara	Writing paper, and pencil or pen to write with
The Power of Journaling	Description: Journaling is a worldwide wellness tool. Come bringing your thoughts & feelings and write in a safe space.	Natalie	Writing paper, and pencil or pen to write with
The Love of Music	Description: Exploring the emotional power of music – the emotional soundtrack of our lives.	Barbara / Gary	Come with a favorite piece of online music to share with others
Artistic Expression	Description: Exploring different artistic techniques, and sharing creations	Barbara	Paper and pencil
Museum Visits	Description: Online exploration of museum(s)	Barbara	