



REACHING ACROSS – October 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 at 3833 Peralta Suite C. Zoom Hybrid Groups indicated by *

Monday	Tuesday	Wednesday
2 10:00-11:00 Artistic Expression 11:00-12:00 * Nutrition Group 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	3 10:00-11:00 Artistic Expression 11:00-12:00 W.R.A.P.® in person only 12:00-12:30 Meditation 1:00 - 2:00 Self Compassion 2:00 - 2:30 Open Activities	4 10:00-11:00 Artistic Expression 11:00-12:00 Creative Writing 11:00-12:00 W.R.A.P.® online only 12:00-12:30 Meditation 1:00 - 2:00 * The Love of Music: 2:00 - 2:30 Open Activities
9 <div style="text-align: center;">HOLIDAY Office Closed</div>	10 10:00-11:00 Artistic Expression 11:00-12:00 W.R.A.P.® in person only 12:00-12:30 Meditation 1:00 - 2:00 Recovery Reflection 2:00 - 2:30 Open Activities	11 10:00-11:00 Artistic Expression 11:00-12:00 Spirituality Group 11:00-12:00 W.R.A.P.® online only 12:00-12:30 Meditation 1:00 - 2:00 * Nutrition Group 2:00 - 2:30 Open Activities
16 10:00-11:00 Artistic Expression 11:00-12:15 Drumming 12:15-12:45 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	17 10:00-11:00 Artistic Expression 11:00-12:00 W.R.A.P.® in person only 12:00-12:30 Meditation 1:00 - 2:00 * Tai Chi 2:00 - 2:30 Open Activities	18 10:00-11:00 Artistic Expression 11:00-12:00 Creative Writing 11:00-12:00 W.R.A.P.® online only 12:00-12:30 Meditation 1:00 - 2:00 * The Love of Music: 2:00 - 2:30 Open Activities
23 10:00-11:00 Artistic Expression 11:00-12:00 Wellness Sharing 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	24 10:00-11:00 Artistic Expression 11:00-12:00 W.R.A.P.® in person only 12:00-12:30 Meditation 1:00 - 2:00 Self Compassion 2:00 - 2:30 Open Activities	<div style="text-align: center;">Lunch at Lake Elizabeth: 12:00 – 1:30</div>
30 10:00-11:00 Artistic Expression 11:00-12:00 * Tai Chi 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	31 10:00-11:00 Artistic Expression 11:00-12:00 W.R.A.P.® in person only 12:00-12:30 Meditation 2:00 - 2:30 Open Activities	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> LGBTQ+ History Month  </div> <div style="text-align: center;"> National Book Month  </div> </div>

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

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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.

Meeting	Reaching Across Meeting Descriptions	Facilitator	Supplies Needed
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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	
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	
Wellness Sharing	Description: Group member shares how they stay well	Members	Materials necessary to share story.

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	Bring your own lunch

Creativity Meetings

Creative Writing / Journaling	Description: Using creative writing via responding to writing prompts.	Barbara	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

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Artistic Expression	Description: Exploring different artistic techniques, and sharing creations	Barbara	Paper and pencil
Drumming	Description: Drumming circle led by experienced drummer	Kathryn LaMar	Drums are provided