

REACHING ACROSS – November 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 |
|---|---|--|
| National Novel Writing Month  | Native American Heritage Month  | 1 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 |
| 6 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 | 7 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 | 8 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 |
| 13 10:00-11:00 Artistic Expression 11:00-12:30 Drumming 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities | 14 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 | 15 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 |
| 20 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 | 21 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 | 22 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 |
| 27 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 | 28 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 | 29 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 |

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Our Staff: Program Development 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.

| 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 | |
| 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. WRAP Plan |
| 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 |
| Artistic Expression | Description: Exploring different artistic techniques, and sharing creations | Barbara | Paper and pencil |

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|-----------------|--|---------------|--------------------|
| Drumming | Description: Drumming circle led by experienced drummer | Kathryn LaMar | Drums are provided |
|-----------------|--|---------------|--------------------|

Zoom Links for Reaching Across Groups for November 2023

| Date Time | Group Subject Ctrl+Click on Blue Hyper-Link | Facilitator | Host | Zoom Meeting ID Phone: 669 900 9128 | Passcode |
|------------------------------|--|-------------|-----------|--|----------|
| November 1 1:00 – 2:00 | The Love of Music | Barbara | Gary | 834 7613 4858 | 686689 |
| November 1 11:00 – 12:00 | W.R.A.P.® | Natalie | Markeet'a | 862 0640 6605 | 701696 |
| November 6 1:00 – 2:00 | T'ai Chi Chih | Gary | Gary | 824 7697 7758 | 736462 |
| November 8 1:00 – 2:00 | Nutrition | Barbara | Barbara | 820 4354 7048 | 617047 |
| November 8 11:00 – 12:00 | W.R.A.P.® | Natalie | Markeet'a | 862 0640 6605 | 701696 |
| November 14 1:00 – 2:00 | T'ai Chi Chih | Gary | Gary | 824 7697 7758 | 736462 |
| November 15 1:00 – 2:00 | The Love of Music | Barbara | Gary | 834 7613 4858 | 686689 |
| November 15 11:00 – 12:00 | W.R.A.P.® | Natalie | Markeet'a | 862 0640 6605 | 701696 |
| November 20 1:00 – 2:00 | T'ai Chi Chih | Gary | Gary | 824 7697 7758 | 736462 |
| November 22 1:00 – 2:00 | Nutrition | Barbara | Barbara | 820 4354 7048 | 617047 |
| November 22 11:00 – 12:00 | W.R.A.P.® | Natalie | Markeet'a | 862 0640 6605 | 701696 |
| November 28 11:00 – 12:00 | T'ai Chi Chih | Gary | Gary | 824 7697 7758 | 736462 |
| November 29 1:00 – 2:00 | The Love of Music | Barbara | Gary | 834 7613 4858 | 686689 |
| November 29 11:00 – 12:00 | W.R.A.P.® | Natalie | Markeet'a | 862 0640 6605 | 701696 |