

REACHING ACROSS – April 2024

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 *

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

Monday	Tuesday	Wednesday
1 10:00-11:00 Artistic Expression 11:00-12:00 T'ai Chi Chih 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	10:00-11:00 Artistic Expression 11:00-12:00 Anger Mgmt in person only 12:00-12:30 Meditation 1:00 - 2:00 T'ai Chi Chih 2:00 - 2:30 Open Activities 2	3 10:00-11:00 Artistic Expression 11:00-12:00 Spirituality Group 11:00-12:00 Anger Mgmt online only 12:00-12:30 Meditation 1:00 - 2:00 * Nutrition Group 2:00 - 2:30 Open Activities
8 10:00-11:00 Artistic Expression 11:00-12:30 Drumming 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	9 10:00-11:00 Artistic Expression 11:00-12:00 Anger Mgmt in person only 12:00-12:30 Meditation 1:00 - 2:00 Recovery Reflection 2:00 - 2:30 Open Activities	10 10:00-11:00 Artistic Expression 11:00-12:00 Creative Writing 11:00-12:00 Anger Mgmt online only 12:00-12:30 Meditation 1:00 - 2:00 * The Love of Music: 2:00 - 2:30 Open Activities
15 10:00-11:00 Artistic Expression 11:00-12:00 * The Love of Music 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	10:00-11:00 Artistic Expression 11:00-12:00 Anger Mgmt in person only 12:00-12:30 Meditation 1:00 - 2:00 T'ai Chi Chih 2:00 - 2:30 Open Activities 16	17 10:00-11:00 Artistic Expression 11:00-12:00 Spirituality Group 11:00-12:00 Anger Mgmt online only 12:00-12:30 Meditation 1:00 - 2:00 Nutrition Group * 2:00 - 2:30 Open Activities
22 10:00-11:00 Artistic Expression 11:00-12:00 T'ai Chi Chih 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	23 10:00-11:00 Artistic Expression 11:00-12:00 Anger Mgmt in person only 12:00-12:30 Meditation 1:00 - 2:00 Crafting 2:00 - 2:30 Open Activities	24 10:00-11:00 Artistic Expression 11:00-12:00 Creative Writing 11:00-12:00 Anger Mgmt online only 12:00-12:30 Meditation 1:00 - 2:00 * The Love of Music: 2:00 - 2:30 Open Activities

REACHING ACROSS – April 2024

A peer-run program of the Peer Wellness Collective

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

29 10:00-11:00 Artistic Expression 11:00-12:00 * The Love of Music 12:00-12:30 Meditation 1:00 - 2:00 Insight & Perspectives 2:00 - 2:30 Open Activities	30 10:00-11:00 Artistic Expression 11:00-12:00 Anger Mgmt in person only 12:00-12:30 Meditation 1:00 - 2:00 T'ai Chi Chih 2:00 - 2:30 Open Activities	
---	--	--

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	
Recovery Reflection	Description: Watching Recovery videos and discussing how the lessons learned apply to ourselves	Barbara / Gary	
Anger Management	A group discussing anger and the ways it can be managed for greater wellness.	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

REACHING ACROSS – April 2024

A peer-run program of the Peer Wellness Collective

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

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
Crafting	Description: Engaging in craft work at the office.	Natalie	
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