

KNOX PEER SUPPORT ACADEMY

APRIL 2024

IN-PERSON CALENDAR



Feel Free to Call, Text, or Email **Rae** at: 865-363-2819 cmullenb@covhlth.com or **Melissa** at:865-660-3041 mbowman7@covlht.com

BYOL = Bring Your Own Lunch (Sometimes it's just nice to eat lunch with friends)


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 OUTING	4	5
<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support (Participants choose the topic) • Monday FUNday! with Melissa • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL & Time with Friends • Fitness & Nutrition for Better Mental Health • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30</p> <p>World's Fair Park (Picnic) for March and April Birthdays.</p> <p>Weather alternate TBD </p>	<p>11:30 – 12:30</p> <p>Intro to 12 Steps w/Melissa</p> <p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support • Topics in Recovery w/Rae • Open REC (crafts, free time, etc) 	<p>12:30 – 4:30pm</p> <p>WRAP Class 1 of 7</p> <p>Call, Text, or Email Rae to Sign Up. Seats are limited.</p>
8	9	10 OUTING	11	12
<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support (Participants choose the topic) • Monday FUNday! with Melissa • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL & Time with Friends • Fitness & Nutrition for Better Mental Health • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30</p> <p>Foothills Paint You Own Pottery</p>	<p>11:30 – 12:30</p> <p>Intro to 12 Steps w/Melissa</p> <p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support • Topics in Recovery w/Rae • Open REC (crafts, free time, etc) 	<p>12:30 – 4:30pm</p> <p>WRAP Class 2 of 7</p> <p>Call, Text, or Email Rae to Sign Up. Seats are limited. (Contact info at top of calendar)</p>
15	16	17 OUTING	18	19
<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support (Participants choose the topic) • Monday FUNday! with Melissa • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL & Time with Friends • Fitness & Nutrition for Better Mental Health • Open REC (crafts, free time, etc) 	<p>12:00 – 2:30</p> <p>McClung Museum, Guided Tour</p>	<p>11:30 – 12:30</p> <p>Intro to 12 Steps w/Melissa</p> <p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support • Topics in Recovery w/Rae • Open REC (crafts, free time, etc) 	<p>12:30 – 4:30pm</p> <p>WRAP Class 3 of 7</p> <p>Call, Text, or Email Rae to Sign Up. Seats are limited.</p>
22	23	24	25	26
<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support (Participants choose the topic) • Monday FUNday! with Melissa • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • Same as 3/16 except no transportation. <p>6pm – Ending time TBD</p> <p>UT Women's Softball Game . </p> <p>Text Eric at 865-680-7682 to sign up (please include name in your text)</p>	<p>12:30 – 3:30</p> <p>Crafts, Movie, and More @ the Lighthouse</p> <p>(no transportation)</p>	<p>CLOSED – STAFF MEETING</p>	<p>12:30 – 4:30pm</p> <p>WRAP Class 4 of 7</p> <p>Call, Text, or Email Rae to Sign Up. Seats are limited.</p>
29	30	1 May OUTING	2 May	3 May
<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support (Participants choose the topic) • Monday FUNday! with Melissa • Open REC (crafts, free time, etc) 	<p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL & Time with Friends • Fitness & Nutrition for Better Mental Health • Open REC (crafts, free time, etc) 	<p>12:30 – 3:00</p> <p>YMCA Swimming</p> <p>Weather </p> <p>Alternative TBD</p>	<p>11:30 – 12:30</p> <p>Intro to 12 Steps w/Melissa</p> <p>12:30 – 3:30pm</p> <ul style="list-style-type: none"> • BYOL, Check-in Chat & Support • Topics in Recovery w/Rae • Open REC (crafts, free time, etc) 	<p>12:30 – 4:30pm</p> <p>WRAP Class 5 of 7</p> <p>Call, Text, or Email Rae to Sign Up. Seats are limited.</p>

All activities will be at the Peninsula Lighthouse Location at 1451 Dowell Springs Road, Knoxville, TN 37909 unless otherwise indicated.
INSTRUCTIONS ON HOW TO SIGN UP FOR ACTIVITIES AND HOW TO REQUEST TRANSPORTATION OR ARE ON THE BACK OF THIS SHEET.

OUR GROUPS ARE OFFERED FREE OF CHARGE TO ANYONE OVER THE AGE OF 18 WHO LIVES WITH A DIAGNOSABLE MENTAL HEALTH CONDITION OR PAST OR PRESENT SUBSTANCE USE DISORDER

HOW TO PARTICIPATE IN PERSON

We will provide transportation *when available* no less than one time per week to each participating member living in Knox county. After you have chosen the group you would like to attend you may drive in or request help with transportation. Assistance with transportation may be limited to receiving a bus pass.

Barring inclement weather, dates with a symbol  will have additional transportation assistance available. To obtain transportation, please call or text Melissa at 865-660-3041 the **WEEKEND BEFORE (between 5pm Friday and 8am on Monday)** the activity you want to attend. Leave a message with your name and number. Let us know if you need a ride or if you're signing up but don't need a ride.

PLEASE TEXT OR CALL EVEN IF YOU DON'T NEED A RIDE SO WE KNOW WHO TO CONTACT IF THERE'S A CHANGE IN TIME OR THE ACTIVITY.

Seats or tickets may be limited. Someone will call or text you before transportation begins to confirm transport. We must have a completed registration form before we are able to transport you.

For some groups/events, prior sign-up for van transportation will be required. These groups are marked on the calendar.

Before you attend:

- Participants **MUST** be able to get on and off the van without assistance. If you use a wheelchair or walker, please contact Melissa to see if our van can accommodate your equipment.
- Please make sure you are clean and free of strong odor as some of our members have allergies to perfumes and colognes.
- Please note that our facilities are Non Smoking Facilities.
- Please refrain from inappropriate clothing with foul language, references to drugs or alcohol, and negative statements. Please make sure all clothing appropriately covers your body. No spaghetti straps or "sagging" will be permitted in our facilities.
- No photography or videotaping is permitted on Peninsula or Peer Support property. This is a violation of our confidentiality policy.



NO-COST SERVICES MADE AVAILABLE THROUGH A GRANT FROM THE

