

# KNOX PEER SUPPORT ACADEMY

# DECEMBER 2023

# IN-PERSON CALENDAR

Feel Free to Call, Text, or Email [Rae at: 865-363-2819](mailto:Rae at: 865-363-2819) [cmullenb@covhlth.com](mailto:cmullenb@covhlth.com)

**BYOL = Bring Your Own Lunch – You are very welcome to bring your lunch to the center and enjoy a meal with friends.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 December
<b>SEE BACK SIDE FOR THE LAST WEEK OF DECEMBER</b>				<u>12:30 – 4:30</u> WRAP Class 8 of 8
If Transportation Becomes Available, a Text Will be Sent Out. If You Would Like to Received Texts, Please Send a Text to Rae at 865-363-2819				
<b>4</b> BYOL	<b>5</b> BYOL	<b>6</b> BYOL	<b>7</b> BYOL	<b>8</b> BYOL
<u>12:30 – 1pm</u> BYOL & Time with Friends <u>1:15pm - 2:15pm</u> Check-in Chat & Support (Participants choose the topic) <u>2:30pm – 3:15pm</u> Meditation & Mindfulness for Mental Health & Relaxation <u>3:30pm – 4:30pm</u> Open REC (crafts, free time, etc)	<u>12:30pm – 1pm</u> BYOL & Time with Friends <u>1:15pm – 2:15pm</u> Health & Nutrition for Better Mental Health <u>2:30pm – 3:30pm</u> Better Boundaries <u>3:45pm – 4:30pm</u> Open REC (crafts, free time, etc)	<u>12:30 – 4:30pm</u> “Mid-Week Mischief” BYOL & a game to share or an art project to work on. We’ll have music, a movie, or play games. A laid back day for fun and frivolity.	<u>12:30 – 1pm</u> BYOL & Time with Friends <u>1:15 - 2:15pm</u> Anger Management <u>2:30pm – 4:30pm</u> CRAFT of the Week Participate in the provided craft, or work on your own project.	<u>12:30 – 4:30</u> Christmas Crafts & Open REC  Come and go as you’d like. Craft supplies and good company available.
<b>11</b> BYOL	<b>12</b> BYOL	<b>13</b> BYOL	<b>14</b> BYOL	<b>15</b> BYOL
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<b>18</b> BYOL	<b>19</b> BYOL	<b>20</b> BYOL	<b>21</b>	<b>22</b>
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25	26	27 BYOL	28 BYOL	29 BYOL
CLOSED – CHRISTMAS	CLOSED – CHRISTMAS	<b>12:30 – 4:30pm</b> “Mid-Week Mischief” BYOL & a game to share or an art project to work on. We’ll have music, a movie, or play games. A laid back day for fun and frivolity.	<b>12:30 – 1pm</b> BYOL & Time with Friends <b>1:15 - 2:15pm</b> Anger Management <b>2:30pm – 4:30pm</b> CRAFT of the Week Participate in the provided craft, or work on your own project.	<b>12:30pm – 4:30pm</b> Sending out the OLD, Welcoming in the NEW.
All activities will be at the Peninsula Lighthouse Location at 1451 Dowell Springs Road, Knoxville, TN 37909 unless otherwise indicated. <b>INSTRUCTIONS ON HOW TO SIGN UP FOR ACTIVITIES AND HOW TO REQUEST TRANSPORTATION OR ARE BELOW.</b>				

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

**- SCHEDULE SUBJECT TO CHANGE -**

**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 Rae at 865-363-2819 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 Chasidy 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**

