

KNOX PEER SUPPORT ACADEMY

JANUARY 2024


IN-PERSON CALENDAR

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

Jan 29th – Feb 2nd are on page 2

BYOL = Bring Your Own Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED – Happy New Year!	<p><u>12:30pm – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15pm – 2:15pm</u> Health & Nutrition for Better Mental Health</p> <p><u>2:30pm – 3:30pm</u> Better Boundaries</p> <p><u>3:45pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>1pm – 3pm</u> Knoxville Museum of Art</p> 	<p><u>12:30 – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15 - 2:15pm</u> Anger Management</p> <p><u>2:30pm – 4:30pm</u> Discussions in Recovery</p>	<p><u>12:30 – 4:30</u> Discussions in WRAP and Open REC</p> <p>Topic – What is WRAP and How to Use it</p>
8	9	10	11	12
<p><u>12:30 – 1pm</u> BYOL, Check-in Chat & Support (Participants choose the topic)</p> <p><u>2:30pm – 3:15pm</u> Meditation & Mindfulness for Mental Health & Relaxation</p> <p><u>3:30pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30pm – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15pm – 2:15pm</u> Health & Nutrition for Better Mental Health</p> <p><u>2:30pm – 3:30pm</u> Better Boundaries</p> <p><u>3:45pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30 – 4:30</u> BYOL, Movie, Cinema Therapy</p> <p><u>The Emperor’s New Groove</u></p> <p>No transportation due to training.</p>	<p><u>12:30 – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15 - 2:15pm</u> Anger Management</p> <p><u>2:30pm – 4:30pm</u> Discussions in Recovery</p>	<p><u>12:30 – 4:30</u> Discussions in WRAP and Open REC</p> <p>Topic – All about Hope</p>
15	16	17	18	19
<p><u>12:30 – 1pm</u> BYOL, Check-in Chat & Support (Participants choose the topic)</p> <p><u>2:30pm – 3:15pm</u> Meditation & Mindfulness for Mental Health & Relaxation</p> <p><u>3:30pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30pm – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15pm – 2:15pm</u> Health & Nutrition for Better Mental Health</p> <p><u>2:30pm – 3:30pm</u> Better Boundaries</p> <p><u>3:45pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30pm – 3pm</u> Paint Your Own Pottery at Foothills Paint Your Own Pottery Studio in Alcoa</p> 	<p><u>12:30 – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15 - 2:15pm</u> Anger Management</p> <p><u>2:30pm – 4:30pm</u> Discussions in Recovery</p>	<p><u>12:30 – 4:30</u> Discussions in WRAP and Open REC</p> <p>Topic – How to Make a “Mini WRAP” for different situations (Includes a craft)</p>
22	23	24	25	26
<p><u>12:30 – 1pm</u> BYOL, Check-in Chat & Support (Participants choose the topic)</p> <p><u>2:30pm – 3:15pm</u> Meditation & Mindfulness for Mental Health & Relaxation</p> <p><u>3:30pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30pm – 1pm</u> BYOL & Time with Friends</p> <p><u>1:15pm – 2:15pm</u> Health & Nutrition for Better Mental Health</p> <p><u>2:30pm – 3:30pm</u> Better Boundaries</p> <p><u>3:45pm – 4:30pm</u> Open REC (crafts, free time, etc)</p>	<p><u>12:30 – 3:30</u> Music & More at The Gateway</p> 	CLOSED – Staff Meeting	<p><u>12:30 – 4:30</u> Discussions in WRAP and Open REC</p> <p>Topic – The Importance of Education and Self-Advocacy</p>

29	30	31	Feb 1	Feb 2
<u>12:30 – 1pm</u> BYOL, 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>12:30pm – 3:30pm</u> January / February Birthday Party @ West Town Mall 	<u>12:30 – 1pm</u> BYOL & Time with Friends <u>1:15 - 2:15pm</u> Anger Management <u>2:30pm – 4:30pm</u> Discussions in Recovery	<u>12:30 – 4:30</u> Discussions in WRAP and Open REC Topic – Self-Esteem, Self- Worth, and how to handle those pesky ANTS (Automatic Negative Thoughts).


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 BELOW.

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 David at 865-556-7561 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 David 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

