

Feel Free to Call, Text, or Email Dave Murray (865) 660-3041 dmurray2@covhlth.com NO CHARGE FOR PEER SUPPORT

covenanthealth.com/peninsula/peer-support-academies/

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CENTER CLOSED	Route A  Ijam's Nature Walk 1.5 Mile 12pm-3pm	Route B  UT Gardens 1-3	Route A  Bowling 1-3	Zoom Group 1:00 PM – 2:30 PM Meeting ID: 912 7720 2944 Passcode: 691356
10	11	12	13	14
CENTER CLOSED	Route B  Ijam's Nature Walk 1.5 Mile 12pm-3pm	Route A  11:30-3:30 West Town Mall	CENTER CLOSED Staff Meeting	Zoom Group 1:00 PM – 2:30 PM Meeting ID: 912 7720 2944 Passcode: 691356
17	18	19	20	21
CENTER CLOSED	Route B  Bowling 1-3	Route A  UT Gardens 1-3	THANKSGIVING PARTY W/ OTHER CENTERS @BPSA 12-4PM	Zoom Group 1:00 PM – 2:30 PM Meeting ID: 912 7720 2944 Passcode: 691356
24	25	26	27	28
CENTER CLOSED	Route A  The Four Agreements 11:30-3:30	Route B  The Four Agreements 11:30-3:30	Center Closed Holiday	Center Closed Holiday

All activities will be at the Knoxville Location at 1451 Dowell Springs Blvd., TN 37909 Unless otherwise indicated

Please Note: Schedule subject to change

INSTRUCTIONS ON HOW TO SIGN UP FOR ACTIVITES AND HOW TO REQUEST TRANSPORTATION OR ARE AS FOLLOWS.

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 Dave at 865-660-3041 **by 5pm Monday** before an outing. Leave a message with your name and number and that you would like to be picked up. Someone will call or text you before transportation begins for your group 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:

- Please make sure you are clean and free of strong odor. Also, 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



NO-COST SERVICES MADE AVAILABLE THROUGH A GRANT FROM THE

