

Petaluma Peer Recovery Center



Schedule December 2018 Family Relationships



MONDAY	WEDNESDAY	THURSDAY
ALL DAY Peer Support Open Art Studio	ALL DAY Peer Support Open Art Studio	ALL DAY Peer Support Open Art Studio
10am – 10:30 Community Tea Time	10am – 10:30 Community Tea Time	10am – 10:30 Community Tea Time
11 am – 12 pm Round Table Discussion	11 am – 12 pm Health, Wealth, & Happiness	11 am – 12 pm SMART Goal Setting
12 – 1 pm: Advocacy: Peer, Self, & Beyond	12 – 1 pm Positive Thinking	12 – 1 pm Peer Community Planning
1 – 2 pm Spirituality in Recovery	1 – 2 pm Emotional Balance	1 – 2 pm Music/ Drum Circle
2 – 3 pm Journaling/Creative Writing	2 – 3 pm TED Talk Series	2 – 3 pm Calming Our Anxiety

December 2018 Theme: Family Relationships

Dec 5th MHS Community Meeting 5:00pm-7:00pm Finley Community Center 2060 West College Ave Santa Rosa (Not PPRC)

Dec 6th 11am -12noon GIRE COOP Work Skills Laura Hodge

December 12 from 7pm-8:30pm Mental Health Resources Panel Discussion at the Petaluma Library (Not at PPRC)

Dec 20th 11am -12noon GIRE COOP Work Skills Laura Hodge

**Closed Monday December 24th and Tuesday 25th for Christmas

Monday December 31 **New Year Celebration** Party 10:30am – 2:30pm Refreshments will be served

Peer Counseling

Resource Navigation

Building Community

Contact Information

5350 Old Redwood Hwy.
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WELCOME!

OPEN
10 AM – 3 PM
MONDAY
WEDNESDAY
THURSDAY

Advocacy: Peer, Self, and Beyond: A discussion about mental health legislation, patient's rights, constitutional rights, grassroots movements, the peer community, and more.

Calming Our Anxiety: We come together to understand, explore types, and research causes of anxiety. We discuss a spectrum of anxious feelings, and explore many different ways to diffuse our feelings of extreme unease and anxiety.

Community Tea Time: Each morning, we gather to check-in with ourselves and each other, discuss our recent experiences, and share goals for the day. Tea provided, and you are welcome to bring your own beverage.

Emotional Balance: Learn to cope with the emotional roller coaster of life. Support and skills group

Goal Setting: In a fun, supportive and non-judgmental atmosphere, Join us to look at our life goals and choose one to break down into Specific, Measureable, Achievable Realistic and Time sensitive (SMART)goals

Health, Wealth, & Happiness: The impact of building positive mind body connections

Journaling/ Creative Writing Using words and/or art, explore the power of journaling as a tool for self-exploration

Open Round Table: Join us at the round table to participate in peer support, open communication, connection building, current events discussions, sharing ideas, sharing stories, and more.

Open Art Studio: This space creates the opportunity to socialize with peers while expressing ourselves through paint, sketching, & more. Explore through creativity! Many mediums are available.

Peer Community Planning: PPRP will be growing in the New Year; be part of visioning our future together

Peer Support: Mutually respectful, intentional, active listening, positive, forward looking support.

Music/Drum Circle: No experience necessary, just a willingness to have fun in a creative and healing way! We have a number of drums here at PPRP, and you are welcome to bring your own drum or other small instrument.

Positive Thinking: Yes we know, easier said than done... come and learn how

Spirituality in Recovery: The intention of this group is to provide a safe, non-judgmental, and open space to discuss our personal spiritual practices, how they may help us overcome challenges, our relationship to spirituality throughout our recovery, and share personal experiences that spirituality brings into our lives.

TED Talk Series: We explore TED Talks within the mental health and recovery themes, with discussion to follow.

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Our Center is open and available to individuals that are 18+ and identify as having a lived experience of a mental health challenge. No diagnoses or prescriptions necessary; however, we do wish to support members in fostering an environment focused on wellness and recovery.