

# Petaluma Peer Recovery Center



## Schedule January 2019 New Beginnings



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

### January 2019 Theme: New Beginnings

January 1<sup>st</sup> Happy New Year!

Wednesday January 9<sup>th</sup> and Wednesday January 23<sup>rd</sup> 10:00am – 11:30am Depression Bipolar Support Alliance (DBSA)

Monday January 14<sup>th</sup> GIRE COOP with Laura Hodge

Thursday January 17<sup>th</sup>, 11:00am – 12:30 pm SMART Recovery and REBT with Jenn Peoples

Closed Monday January 21<sup>st</sup>, Martin Luther King Day

Thursday January 31<sup>st</sup> PPRC Community Feedback and Future Planning +Pizza Party

**Peer Counseling**

**Resource Navigation**

**Building Community**

### Contact Information

5350 Old Redwood Hwy.  
Suite 600 (Off Redwood Way)  
Petaluma, CA 94954

(707) 565-1299

Carol West [cwest@gire.org](mailto:cwest@gire.org)  
[petalumaprp.wordpress.com](http://petalumaprp.wordpress.com)

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.

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

**Exercise/Morning Stretch:** Gentle movement to help us feel more flexible and get muscles moving

**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

**Round Table Discussion:** 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.

**Healthy Boundaries:** Learn how to establish, communicate and honor your personal boundaries

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

**Music/Jam Session:** No experience necessary, just a willingness to have fun in a creative and healing way! We have a keyboard, guitar and a number of drums at PPRC. 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.*