

Petaluma Peer Recovery Center



Schedule February 2019 "Self-Care"



MONDAY	WEDNESDAY	THURSDAY
ALL DAY Peer Support Open Art Studio Community Tea Time	ALL DAY Peer Support Open Art Studio Community Tea Time	ALL DAY Peer Support Open Art Studio Community Tea Time
10am – 11:00am Self Care/Morning Stretch	10am – 11:00am Self Care/Morning Stretch	10am – 11:00am Self Care/Morning Stretch
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 Boundaries
1 – 2 pm Spirituality in Recovery	1 – 2 pm Emotional Balance	1 – 2 pm Music "Jam Session"
2 – 3 pm Journaling/Creative Writing	2 – 3 pm TED Talk Series	2 – 3 pm Calming Our Anxiety

February 2019 Theme: Self-Care

Wednesday Feb 13th and 27th (Second and Fourth Wed) 10:30am – 11:30am Depression Bipolar Support Group

Thursday Feb 14 Valentine's Day Party

Monday Feb 18th Closed for President's Day

Monday February 11th and Thursday, February 28th GIRE COOP with Laura Hodge
SMART Recovery and REBT with Jenn Peoples (TBD)

Peer Support

Resource Navigation

Building Community

Contact Information

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petalumapr.org
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.

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

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

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

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.

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

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

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

Self-Care/ Morning Stretch: Take steps towards being your best self includes discussion about nutrition choices and gentle movement to help us feel more flexible and get muscles moving

Spirituality in Recovery: A safe, non-judgmental, open space to discuss our personal spiritual practices, how they may help us overcome recovery challenges 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.