<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
|        | The Aruba Effect  
10am | 12am Midnight Meditation  
10am | 12am Midnight Meditation  
10am | HUB OPENS AT 10AM
10am | 10:15am Keep Your Power  
10am | 10:15am Keep Your Power  
10am |
| 2      | Take A Risk with Courtney  
10am | Expansions with Jane  
10am | Recovery Talks  
11:30am | 10:15am Keep Your Power  
10am |
| 3      | The 5th Agreement  
11:30am | Writing for Wellness  
7pm |          | 11:30am Rhythm of Wellness  
11:30am |
| 4      |         |           |          |        | 12       |
| 5      |         |           |          |        |          |
| 6      |         |           |          |        | 13       |
| 7      | Inside Out  
10am | The Aruba Effect  
10am | Midnight Meditation  
12am | HUB OPENS AT 10AM
10am | 10:15am Keep Your Power  
10am |
| 8      | Wellness Ball  
11:30am | Recovery 101  
11:30am | Expansions with Jane  
10am | 11:30am Rhythm of Wellness  
11:30am |
| 9      | Color Me Affirmed  
10am | The 5th Agreement  
11:30am | My Music My Recovery  
11:30am | End the Stigma  
6pm |
| 10     |         |           |          | 14     | 16       |
| 11     |         |           |          | 15     | 17       |
| 12     |         |           |          | 16     | 18       |
| 13     |         |           |          | 17     | 19       |
| 14     |         |           |          | 18     | 20       |
| 15     |         |           |          | 19     | 21       |
| 16     |         |           |          | 20     | 22       |
| 17     |         |           |          | 21     | 23       |
| 18     |         |           |          | 22     | 24       |
| 19     |         |           |          | 23     | 25       |
| 20     |         |           |          | 24     | 26       |
| 21     |         |           |          | 25     |          |
| 22     |         |           |          | 26     |          |
| 23     |         |           |          |        | 27       |
| 24     |         |           |          | 28     | 29       |
| 25     |         |           |          | 29     | 30       |
| 26     |         |           |          | 30     | 31       |
| 27     |         |           |          | 31     |          |

**Class Calendar**

**Facebook/Youtube = Purple**  
**In Person = Green**  
**Zoom = Black**  
**Online/In Person = Brown**

View class descriptions here:  
PromiseResourceNetwork.org/events  
704-390-7709
Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Peer Support Specialist Certification.

Keep Your Power
Fridays at 10am On-Site/
Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Peer Support Specialist Certification.

Color me Affirmed
Wednesday at 10am On-Site
Come experience a technique in which will guide your thoughts on positive images. Our hope is that you can reach a relaxed, focused state and reduce stress.

Guerilla Poets:
End the Stigma Poetry Workshop
Friday, August 11th, 6pm
Guerilla Poet provide art, music, and writing lessons in their creative workshops that are empowering, healing, and educational.
https://us02web.zoom.us/j/79806551942?pwd=NFSa2kxdEZnN3NzZi84K1ZTZTJ3dz09

Just for Today
Fridays at 9am
Join us for an impactful conversation on how to make “RIGHT NOW” a part of your recovery and wellness.

Body Mind Spirit
Tuesdays at 11:30 Virtual
This class explores different topics, from discovering your authentic self, to bringing balance and mindfulness in your life. Virtual only for the classes in August.

Expansion with Jane Ritz
Thursdays at 10am Online
This class explores the Spiritual Dimension of wellness, with a focus on the facets of acceptance, sensuality, love, pleasure, play, peace, and altruism. Virtual only for the classes in August.

Wellness Ball
Mondays at 11:30am
Join staff in a fun game of passing the wellness ball and exploring recovery and wellness topics not always talked about.

Women's Group
Tuesdays and Thursdays at 9:30 am
A time for women to come together and support each other, learn from each other, and grow together as individuals and as a group.
Class Descriptions

**The Aruba Effect**
Tuesdays at 10am On-Site
A venture off the beaten path to explore our natural beauty. An overwhelming sense of happiness that comes from being welcomed into an experience that just feels........through poetry.

**Inside Out**
Mondays at 10am On-Site/ A mindfulness moving meditation. The 19 movements are soft, slow and easy to learn. The benefits include peace of mind, improved health, and increased happiness. Will Not Occur This Month
Join Courtney and Sharon to talk about emotions and how to regulate, manage, and live with them. Learn how to navigate emotions whether positive or negative.

**Tai Chi Chih with Pia**
Will Not Occur This Month
A mindfulness moving meditation. The 19 movements are soft, slow and easy to learn. The benefits include peace of mind, improved health, and increased happiness. Will Not Occur This Month
Join Courtney and Sharon to talk about emotions and how to regulate, manage, and live with them. Learn how to navigate emotions whether positive or negative.

**My Music My Recovery**
2nd and 4th Thursdays at 11:30am On-Site
Join Cedric in exploring the power of music in life and in recovery.

**Writing for Wellness**
1st and 3rd Thursdays at 7pm
Join us every 1st and 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets. https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNXK0FqVW90MjJkbjhDUT09

**The 5th Agreement**
Wednesdays at 11:30am On-site
Join us in reading and discussing the 5th agreement book, a "practical guide to self-mastery" by Don Miguel Ruiz.

**Workit!**
2nd Monday at 1pm
Workit! provides a space for all things work related!

**Looking In**
1st Tuesday at 11:30am On-Site
We so often focus our attention outwards. In this ongoing HUB class, we will turn our attention inwards. We will explore the psychological shadow and projections and how they show up in our lives. We will also discover how we can utilize our nightly dreams to become aware of our shadow.

**Aspects of Recovery**
3rd Thursday at 11:30am On-Site
A walk through the 8 dimensions of wellness.

**Midnight Meditation**
Thursdays at midnight
A midnight offering for 'night owls' looking for peace and connection. This class starts at Midnight the end of Wednesday night beginning of Thursday at 12am.

PromiseResourceNetwork.org | 704.390.7709 | 1401 East 7Th Street Charlotte, NC 28204
Follow us on Facebook: PromiseResourceNetwork
Class Descriptions

Men's Group
11am on Tuesdays
A time for men to come together and support each other through their recovery journeys.

Clayworks Clay Curious Workshop
Friday, Clay Works August 25th at 11:30am On-Site
This is a hands-on, clay project making workshop.

Guerilla Poets: Open Mic
Friday, July 28th at 6pm
Open Mic is an opportunity to share your creativity in a public forum.
https://us02web.zoom.us/j/74348501287pwd=ZDhsUktTeTdoNU9ML2g5ZmNqUnNkQT09

Rhythm of Wellness
Fridays 11:30am Onsite
A musical themed class. Its creative, experimental, and all-inclusive. Creating an atmosphere of connection and belonging. Using instruments, tempos, vibrations, sounds, popular soundtracks and songs of sorts will connect us to 4 of the 8 Dimensions of Wellness

Town Hall
Thursday at 10AM on 8/31
Town Hall is an open-forum discussion where we will discuss and receive feedback, ideas, and suggestions on what we do at PRN. We will have an agenda and go over topics that address the present and future of PRN's culture and direction.

Take a Risk with Courtney
Wednesdays at 10am Onsite
Let's take a dive into having discussions about recovery and reflecting on life experiences past/present.

Cookies and Conversation
Will not occur this month.
Decorating cookies and having conversations around recovery.

LGBTQIA+ Group
Tuesdays at 11am
A time to come together and support each other, learn from each other, and grow together as individuals and as a group
Promise Resource Network (PRN) is a non-profit agency, established in 2006 to ignite social change, inspire hope and serve as a catalyst for personal greatness. PRN uses the voice, experience, and resilience of people who have overcome trauma, substance use, and other mental health barriers to elevate recovery and wellness.

This foundation allows PRN to provide alternative pathways to healing that help others discover their unique path to wellness and thrive. SAMHSA’s definition of Recovery and their Eight Dimensions of Wellness serve as the framework for all supports provided.

**Recovery is...**

“A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

— SAMHSA

Since 2003, Women’s Impact Fund has amplified the significant role women play in philanthropy. It’s mission is to strengthen communities by maximizing women’s leadership in philanthropy through collective giving education and engagement. With approximately 500 members, the organization has emerged as one of the largest women’s collective giving groups in the country and continues to create powerful change within Mecklenburg County. To date, Women’s Impact Fund has made 85 grants totaling more than $6.2 million. For more information, visit: www.womensimpactfund.org

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**24/7 Warm-Line**

833-390-7728- Call any time!

In response to COVID, PRN started a 24/7 emotional support Warm-Line to support people through emotional distress, minimize isolation, provide information and share resources.

Our Virtual Recovery Hub, guided by the Eight Dimensions of Wellness, provides an average of 95 monthly classes, groups, and opportunities for people to work on and expand their wellness and recovery.