



AUGUST 2022 CLASS CALENDAR



Facebook/Youtube = Purple In Person = Green



Zoom = Black

Online/In Person = Brown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih	2 10am You can sit with me 11:30am The Four Agreements 3:30pm Mindful Living 8pm Eaves Drop	3 6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	4 10am Rapp'n with Janice 11:30am Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	5 6:30am Just for Today 10am Keep Your Power 11:30am Drums4Life!	6
8 6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih 5pm T.H.A.T. Heals	9 10am You can sit with me 11:30am The Four Agreements 6:30pm Adventures In Recovery	10 6:30am Just for Today 10am The Rich Academy 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	11 10am Rapp'n with Janice 11:30am Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	12 6:30am Just for Today 10am Keep Your Power 11:30am Taylor's Topic 1pm Tea Time	13
15 6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih 1pm WorkIt!!	16 10am You can sit with me 11:30am The Four Agreements 3:30pm Mindful Living 8pm Eaves Drop	17 6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	18 10am Rapp'n with Janice 11:30am Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	19 6:30am Just for Today 10am Taylor's Topic 11:30am Clayworks	20
22 6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih 5pm T.H.A.T. Heals	23 10am You can sit with me 11:30am The Four Agreements 6:30pm Adventures In Recovery	24 6:30am Just for Today 10am The Rich Academy 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	25 10am Rapp'n with Janice 11:30am Mind-Body Medicine 3pm Hello Shadow! 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	26 <div style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">HUB CLOSED</div>	27
29 6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih	30 10am You can sit with me 11:30am The Four Agreements	31 6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	10am Rapp'n with Janice 11:30am Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	 <div style="display: inline-block; vertical-align: middle;"> <h2 style="margin: 0;">PRN</h2> <p style="margin: 0;">Promise Resource Network</p> <p style="margin: 0;">PromiseResourceNetwork.org 704-390-7709</p> </div>	



Adventures In Recovery

2nd and 4th Tuesday at 6:30pm  

Come experience the recovery adventures of reliance.



Clayworks Clay Curious Workshop

Friday, August 26th at 11:30am On-Site

This is a hands-on, clay project making workshop.



Drums 4 Life

Friday, August 26th at 10am On-Site

D4L artists will lead all skill levels in an array of rhythms, songs, and cultural lessons, and demonstrate how to turn ordinary items into rhythmic percussion instruments.



Eaves-Drop

1st & 3rd Tuesday at 8pm  

A "Ladies Night Out" for conversations about life, relationships, careers and personal development. Join us for thought provoking conversations about issues that matter to women.



Expansion with Jane Ritz

Thursdays at 6pm  

This class explores the Spiritual Dimension of wellness, with a focus on the facets of acceptance, sensuality, love, pleasure, play, peace and altruism.



Gentle Yoga with Casey Jean

Wednesdays at 10am  

This class is for you if you want to: promote strength, balance, flexibility, relieve tension, and learn healthy ways to cope and relax.



Navigating Grief Together

Thursdays at 3:30pm 

This is a safe space for you to be as you are, receive support, and be in community with others as we navigate this path together.



Next Level Recovery

Wednesdays at 12:30pm 

<https://us02web.zoom.us/j/79806551942?pwd=NFJSa2kxdEZnN3NzZi84K1ZTZTJFdz09>





Just for Today

Mondays, Wednesdays, & Fridays at 6:30am  

Join us for an impactful conversation on how to make "RIGHT NOW" a part of your recovery and wellness.



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

Tuesdays 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.



Mind-Body Medicine with Dr. Ariel

Thursday at 11:30am On-site/  

Tune in for "outside the box" therapies and special guests to highlight new ways of healing your body, mind, and spirit.

Mindful Living with Casey



1st & 3rd Friday at 3:30pm  

Through the examination of mindful theories, practical applications and self-inquiry we will watch our thoughts and attitude shift from towards the positive as we work to manifest your highest and best self!



Hello Shadow!

Do you know your shadow side?   Healing includes focusing on our positive traits AND it also includes learning to acknowledge and accept our negative traits. Being able to accept both can lead to a more integrated sense of self and a better balanced view of the world. Come shine some light into the shadows with us!

Taylor's Topic



Fridays at 11:30am On-site

Discussing topics around mental health and substance use recovery

Rapp'n With Janice

Thursdays at 10am On-Site



Janice hosts discussions about Wellness and Recovery and how wellness plans can enhance day to day results for people building sustained wellness and recovery.





Recovery 101

Mondays at 10am On-Site/  

Each class highlights a different recovery related theme and will help participants learn more about recovery and what it means to them individually.



You can sit with me

Tuesdays at 10am On-Site/  

Join Bunnie and Sharon to learn wellness strategies that promote recovery and resilience by exploring trauma informed self-care.



Tai Chi Chih with Pia

Mondays at 11:30am 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.



T.H.A.T. Heals

Aug. 8th & Aug. 22nd at 5pm  

Like candles, people are made up of different ingredients. Goals, memories, and experiences, are the parts that make us whole. Join us as we work through the process of making ourselves whole, creating something beautiful while we do it.



The Four Agreements

Thursdays at 11:30am On-Site

The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



The 5th Agreement

Thursdays at 10am On-site

Join Toya in reading and discussing the 5th agreement book, a “practical guide to self-mastery” by Don Miguel Ruiz.

Think N Paint *Think-N-Paint*

Friday, July 15th

No experience needed to participate. Materials will be provided.



Workit!

1st and 3rd Mondays at 1pm  

Workit! provides a space for all things work related!



Tea Time with Erin and Sam

Fridays at 1pm  

Join Erin and Sam for an afternoon Tea (or coffee) break and discuss harm reduction, alternate paths to recovery, and listen to conversation with guest speakers across the state who live, practice, and preach harm reduction in their communities.



PRN HELPS PEOPLE RE-IMAGINE THEIR LIVES, TRANSCEND LABELS AND BUILD A LIFE AND IDENTITY THAT GOES BEYOND SURVIVING TO THRIVING.

Promise Resource Network (PRN) is a grassroots 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

Classes are made possible, in part, by generous grants from Arts and Science Council (ASC) & Women's Impact Fund.



Culture For All.

The Arts and Science Council (ASC) has awarded PRN its second Cultural Vision Grant to fund creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community. ASC works to ensure access to an excellent, relevant, and sustainable cultural community for the Charlotte-Mecklenburg Region. www.artsandscience.org



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



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.

PRN would like to thank

the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.



Culture For All.



NEW CLASS!

JOIN US

Adventures in Recovery

2nd & 4th Tuesday at 6:30pm



ABOUT THE CLASS:

Come experience the recovery adventures of reliance



PRN would like to thank the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.



NEW CLASS!

JOIN US

Color me Affirmed

Tuesdays at 11:30am
On-Site

ABOUT THE CLASS:

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.

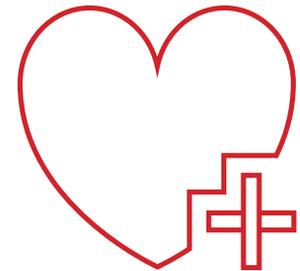


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JOIN US

Mind-Body Medicine with Dr. Ariel



Alternative Healing Techniques that work. From a doctor's perspective without a doctor's advice.

Thursdays at 11:30am

On-site and On Facebook Live and Youtube  

ABOUT THE CLASS:

Take a deeper dive into modern medicine from the holistic perspective of a family physician. Tune in for “outside the box” therapies and special guests to highlight new ways of healing your body, mind, and spirit.



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NEW CLASS!

JOIN US

Navigating Grief Together

Thursdays at 3:30pm 

Meeting Link: <https://us02web.zoom.us/j/86531739068?pwd=ZnRSbWVDdjBhZGs4U3NLTkQyQ0RCQT09>
Passcode: together

ABOUT THE CLASS:

Navigating Grief Together is a small, intimate group support program where we come together to have a safe space to be with our grief, receive support, and be in community with others as we collectively navigate this path of grief and loss.

This time of year tends to be especially hard as we grieve, please know that you don't have to do this alone.

While each session will vary, you can expect to explore a variety of coping tools such as: heart talk, writing, sharing stories, meditation, breathing exercises, creative expression, and an exploration of ways to celebrate, honor, and cherish our loved ones.



Culture For All.

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NEW CLASS!

JOIN US

Taylor's Topic

Fridays at 11:30am

On-Site

ABOUT THE CLASS:

Join Taylor in discussing various topics related to substance use and mental health recovery!



PRN would like to thank the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.



NEW CLASS!

JOIN US

The Four Agreements

Wednesdays at 11:30am
On-Site

ABOUT THE CLASS:

Join us as we study a *New York Times* best seller! Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.



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JOIN US

Workit!



1st and 3rd Monday at 1pm  

ABOUT THE CLASS:

Workit! provides a space for all things work-related, from job preparedness, keeping a job, leaving a job, interview skills, and more!



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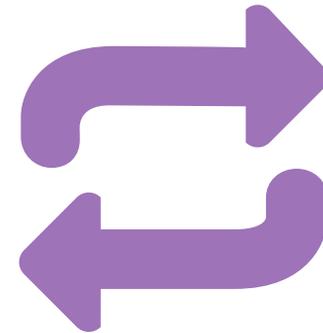


NEW CLASS!

JOIN US

Tai Chi Chih with Pia

Mondays at 11:30am
On-Site



ABOUT THE CLASS:

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.



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NEW CLASS!

JOIN US

Next Level Recovery

Wednesday's at 12:30pm

On Zoom



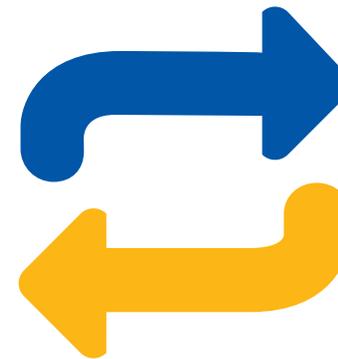
Next Level Recovery is a group of Recovery Champions that are being challenged to take their Recovery to the Next Level. Please come be a part of this Zoom Group discussion as we challenge ourselves and each other to stretch, grow and challenge our Recovery to reach the Next Level.

Join by Zoom:

<https://us02web.zoom.us/j/85460236460?pwd=aFExTldqZjhhTkZDNWpRdmdZeDFKZz09>

Meeting ID: 854 6023 6460

Passcode: 282516



Culture For All.

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JOIN US

Clay Curious



Friday, July 29th at 11:30am

On-Site

Create a one of a kind clay project during a live workshop with Teaching Artist Ms. Becky. For those who wish to keep their projects and have them fired into ceramic, we will be picking up your creations made during the workshop at PRN the following week. Once they go through the firing process, projects will be returned to PRN for final pickup.

2224 The Plaza, Charlotte NC 28205



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JOIN US

Hello Shadow!

August 25th at 3pm  

ABOUT THE CLASS:

Do you know your shadow side? Healing includes focusing on our positive traits AND it also includes learning to acknowledge and accept our negative traits. Being able to accept both can lead to a more integrated sense of self and a better-balanced view of the world. Come shine some light into the shadows with us!



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