NOVEMBER 2026 CHARLOTTE RECOVERY HUB CALENDAR

Charlotte Hub and Cafe
1401 E 7th Street
Charlotte, NC 28204

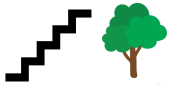
PRN Promise Resource Network
PromiseResourceNetwork.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **8:45am** Morning Meditation (LC) **9:30am** Connection & Reflection(UO) **10am** Come as You are (LC) **10am** Seeking Safety (UO) **10am** Purple Ribbon (UO) **11am** Smart Recovery(LC) **11am** Entering Another Dimension(LC)	**3** **8:45am** Morning Meditation **(LC)** **9am** Mustard Seed **(LC)** **10am** Overcoming Together **(LC)** **10am** Vibrant Visions **(SC)** **11am** Inside Out Poetry(SC) **11am** Game On! **(LC)**	**4** **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(C)** **10am** Recovery 101 **(LC)** **10am** Healing from Within **(UO)** **11am** Robin's Book Club **(SL)** **11am** Finding Your Purpose (LC)	**5** **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(LC)** **10am** Women's Group **(SC)** **10am** Men's Group **(LC)** **10am** Exploring Art **(Art Room)** **11am** Improv **(LC)** **11am** Grief Group **(UO)**	**6** **8:45am Moring Meditation (LC)** **10am** Keep Your Power **(LC)** **11am** Recovery 101 **(SC)** **11am Mystery Activity (LC)** **11am Art Journaling (UO)**
9 8:45am Morning Meditation **(LC)** **9:30am Connection & Reflection(UO)** **10am** Seeking Safety **(LC)** **11am** Purple Ribbon **(UO)** **11am** SMART Recovery **(LC)** **11am** Member Leaders Consultation **(C)**	10 **8:45am** Morning Meditation **(LC)** **9am** Mustard Seed **(LC)** **10am** Overcoming Together **(LC)** **10am** Vibrant Visions **(SC)** **11am** Seizure Safety (UO) **11am** Game On! **(LC)**	11 **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(C)** **10am** Recovery 101 **(LC)** **10am** Healing from Within **(UO)** **11am** Robin's Book Club **(SL)** **11am** Peer Leader Council **(UO)** **11am First National Bank (LC)**	**12** **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(LC)** **10am** Women's Group **(SC)** **10am** Men's Group **(LC)** **10am** Exploring Art **(Art Room)** **11am** Get to the Bag **(LC)** **11am** Grief Group **(UO)**	13 **8am-10am HUB CLOSED** **10am** Keep Your Power **(LC)** **11am** Recovery 101 **(SC)** **11am TOWN HALL (LC)** **11am My Music My Recovery (LC)**
16 **8:45am** Morning Meditation **(LC)** **9:30am Connection & Reflection(UO)** **10am** Seeking Safety **(LC)** **11am** Purple Ribbon **(UO)** **11am** SMART Recovery **(LC)** **11am** Member Leaders (SC) 11am International House Info Ses(UO)	17 **8:45am** Morning Meditation **(LC)** **9am** Mustard Seed **(LC)** **10am** Overcoming Together **(LC)** **10am** Vibrant Visions **(SC)** **11am** Common Wealth Charlotte(UO) **11am** Game On! **(LC)** **11am Intro To Harm Reduction (SC)**	18 **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(C)** **10am** Recovery 101 **(LC)** **10am** Healing from Within **(UO)** **11am** Robin's Book Club **(SL)** **11am** Peer Leader Council **(UO)**	19 **8:45am** Morning Meditation **(LC)** **9-11:30am** - Medicaid 101 (Cafe) **9:30am** Connection & Reflection **(LC)** **10am** Women's Group **(SC)** **10am** Men's Group **(LC)** **11am** Improv **(LC)** **11am** Grief Group **(UO)**	20 **8:45am Morning Meditation (LC)** **10am** Keep Your Power **(LC)** **11am** Recovery 101 **(SC)** **11am Intro to Harm Reduction(UO)** **11am Intro to Peer Support (LC)** **11am Art Journaling (UO)**
23 **8:45am** Morning Meditation **(LC)** **9:30am Connection & Reflection(UO)** **10am** Seeking Safety **(LC)** **11am** Purple Ribbon **(UO)** **11am** SMART Recovery **(LC)** **11am** Member Leaders Consultation **(C)**	24 **8:45am** Morning Meditation **(LC)** **9am** Mustard Seed **(LC)** **10am** Overcoming Together **(LC)** **10am** Vibrant Visions **(SC)** **11am** Siezue Safety (UO) **11am** Game On! **(LC)** **11am Key Concepts of RecoveryLC)**	25 **8:45am** Morning Meditation **(LC)** **9:30am** Connection & Reflection **(C)** **10am** Recovery 101 **(LC)** **10am** Healing from Within **(UO)** **11am** Robin's Book Club **(SL)** **11am** Peer Leader Council **(UO)**	26 **HUB CLOSED** **Happy Thanksgiving** 	27 **HUB CLOSED**
30 **8:45am** Morning Meditation **(LC)** **9:30am Connection & Reflection(LC)** **10am** Seeking Safety **(LC)** **11am** Purple Ribbon **(UO)** 11am PRN Pride (LGBT) UO **11am** SMART Recovery **(LC)** **11am** Member Leaders Consultation **(C)**			 Large Classroom (LC)  Small Classroom (SC)  Cafe (C)  Upstairs/Outside (UO)	

NOVEMBER 2026 CHARLOTTE RECOVERY CAFE CALENDAR

Charlotte Hub and Cafe
1401 E 7th Street
Charlotte, NC 28204

PRN Promise Resource Network
PromiseResourceNetwork.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **12pm** Milieu **(LC)** **12:30P-1;30P Bus Stop Clean Up** **1:30pm** Circle **(SC)** **1:30pm Mystery Activity (LC)** **1:30pm** Come As You Are **(UO)** **2:30pm** New Member Introduction **(LC)**	**3** **12pm** Milieu & Let's Eat Together **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Seeking Safety **(UO)** **1:30pm** Sharing Your Story **(LC)** **2:30pm** SMART Recovery **(SC)** **2:30pm** Critical Thinking and Problem Solving (LC)	**4** **1:30pm** Circle **(SC)** **1:30pm** Mindful Meditation **(LC)** **1:30pm Mystery Activity (UO)** **2:30pm How to Keep your Keys(UO)** **2:30pm** SMART Recovery **(LC)** **4:30-6:30pm** Member Cafe **(LC RSVP)**	**5** **12pm** Milieu **(LC) 1pm Let's Eat Together(LC)** **1:30pm** Circle **(SC)** **1:30pm** Coping Skills **(LC)** **1:30pm** Cafe & Conversations **(LC)** **2:30pm** Building Healthy Relationships (UO) **4:30-6:30pm Member Cafe Planning** (LC,RSVP)	**6** **12pm** Milieu **(LC)** **12pm-1pm** Bus Stop Cleanup **(UO)** **1:30pm** Circle **(SC)** **1:30pm -3:00 Meet me at the Movies(LC)** **2:30P Mustard Seed (SC)**
9 **12pm** Mystery Activity **(LC)** **12:30P-1:30P Bus Stop Clean-Up** **1:30pm** Circle **(SC)** **1:30pm)Inside Out Poetry (LC)** **1:30pm** Come As You Are **(UO)** **2:30pm** New Member Introduction **(LC)**	10 **12pm** Let's Eat Together **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Seeking Safety **(UO)** **1:30pm** Sharing Your Story **(LC)** **2:30pm** SMART Recovery **(SC)** **2:30pm** GED-i **(UO)**	11 **12pm** Mystery Activity **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Mindful Meditation **(LC)** **2:30pm Group Fitness (UO)** **2:30pm** SMART Recovery **(LC)** **2:30pm Mystery Activity (LC)**	**12** **12pm** Improv **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Coping Skills **(LC)** **1:30-3:30pm** CCP Testing **(RSVP)** **2:30pm** Love the HUB (LC) **4:30-6:30pm** Member Cafe **(LC,RSVP)**	13 **12pm** Mystery Activity **(LC)** **12pm-1pm** Bus Stop Cleanup **(UO)** **1:30pm** Circle **(SC)** **1:30pm-3:00P Meet me at the Movies (LC)** **2:30pm** Mustard Seed **(SC)**
16 **12pm** Mystery Activity **(LC)** **12:30p-1:30p Bus Stop Clean-Up** **1:30pm** Circle **(SC)** **1:30pm Let's Get Physical (LC)** **1:30pm** Come As You Are **(UO)** **2:30pm** New Member Introduction **(LC)**	17 **12pm** Mystery Activity & Let's Eat Together **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Coffee Hour **(C)** **1:30pm** Sharing Your Story **(LC)** **2:30pm** SMART Recovery **(SC)** **2:30pm** Critical Thinking and Problem Solving (LC)	18 **12pm** Mystery Activity **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Mindful Meditation **(LC)** **2:30pm How to Keep Your Keys(LC)** **2:30pm** SMART Recovery **(LC)**	19 **12pm** Improv **(LC)** **1:30pm** Circle **(SC)** **1:30pm Beads and Yarn w/ Library (LC)** **1:30-3:30pm** RAO Testing **(SDL)** **2:30pm** Love The Hub(LC) **4:30-6:30pm** Member Cafe **(LC,RSVP)**	20 **12pm** Milieu **(LC)** **12pm-1pm** Bus Stop Cleanup **(UO)** **1:30pm** Circle **(SC)** **1:30pm** SMART Recovery **(LC)** **2:30pm** Built Different **(LC)** **2:30pm** Mustard Seed **(SC)**
23 **12pm** Mystery Activity **(LC)** **12:30p-1:30p Bus Stop Clean Up** **1:30pm** Circle **(SC)** **1:30pm** Come As You Are **(UO)** **1:30pm** Inside Out Poetry **(LC)** **2:30pm** New Member Introduction **(LC)**	24 **12pm** Mystery Activity & Let's Eat Together **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Seeking Safety **(UO)** **1:30pm** Sharing Your Story **(LC)** **2:30pm** SMART Recovery **(SC)** **2:30pm** GED-i **(UO)**	25 **12pm** Mystery Activity **(LC)** **1:30pm** Circle **(SC)** **1:30pm** Mindful Meditation **(LC)** **2:30pm Group Fitness (UO)** **2:30pm** SMART Recovery (SC) **2:30pm Birthday Celebrations (LC)**	26 HUB CLOSED HAPPY THANKSGIVING 	27 HUB CLOSED
30 **12pm** Mystery Activity **(LC)** **12:30p-1:30p Bus Stop Clean-UP** **1:30pm** Circle **(SC)** **1:30pm** Spiritual Wellness **(LC)** **1:30pm** Come As You Are **(UO)** **2:30pm** New Member Introduction **(LC)**	 **Large Classroom (LC)**  **Small Classroom (SC)**  **Cafe (C)**  **Upstairs/Outside (UO)**			

Class Descriptions

PRN Promise Resource Network

Morning Meditation

Every morning @ 8:45am

Start your day with intention and calm. Our 15-minute Morning Meditation session offers a peaceful space to center yourself, reduce stress, and cultivate mindfulness. Led by Staff and Peers, we set the tone for the Hub, together.

Keep Your Power

Come explore the good, bad, and ugly of our emotions. We have power and we explore ways to use our voice, our responses and our attitudes to hold on to that power. Complete this 10-hour course that counts towards Peer Support Specialist Certification.

RAO Testing

RAO Community Health Services provides free, confidential testing for rapid HIV, Hepatitis C, and Syphilis, along with urine screening for STIs. This session offers a safe, judgment-free space to learn about testing, ask questions, and take charge of your sexual health and overall wellness.

CCP

Carolinas CARE Partnership Class Description

Learn about free health testing offered by Carolinas CARE Partnership in Charlotte, including HIV, Hepatitis C, and STI screenings, along with wraparound support services such as care coordination, prevention education, and connections to housing and wellness resources. Join us to get tested, ask questions, and access comprehensive, affirming care.

Recovery 101

Your journey, your recovery, your growth. Recovery 101 is a foundational group designed to explore the essentials of healing from substance use and mental health challenges.

GEDi

Come explore an info session at the Hub where a team member will share her personal journey of working toward my GED. This session will offer encouragement, basic information, and the chance for peersto ask questions and get support as they take their first steps toward earning their GED.

Women's Group

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

Promise Resource Network

Exploring the 12 steps

Walk through the 12 steps from a Trauma informed perspective. Bringing you a perspective where the 12 steps are inclusive for everyone in their own personal recovery journey. These time-tested steps can orchestrate change in anyone's lives.

Entering the Dimensions

In this group, participants explore different areas of life that impact overall health and recovery. Each session focuses on one or more dimensions—emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual—while offering simple, practical tools to build balance in everyday life.

Vibrant Visions

Vibrant Vision is a creative recovery class that uses art and self-expression to help participants explore their strengths, goals, and personal growth. Through hands-on activities like drawing, vision boards, and creative reflection, members build personal skills while discovering new ways to express their recovery journey. The class encourages creativity as a tool for healing, confidence, and self- discovery. Participants leave feeling empowered and inspired to continue building a vibrant life in recovery.

IMPROV

improv class teaches participants how to create scenes, dialogue, and characters spontaneously without a script. The class focuses on creativity, quick thinking, listening skills, and collaboration through games, role-playing, and group exercises.

Healing from Within

Healing From Within is a peer-led, trauma-informed wellness class designed to support individuals on their recovery journey through self-reflection, emotional awareness, and personal empowerment. This class creates a safe, supportive space where participants can explore healing practices that promote inner peace, resilience, and self-growth.

Overcoming Together

Overcoming Together is a healing centered recovery class that offers a safe space to explore life's challenges and build resilience. Through open dialogue,reflection and peer supprot, Ashley guides participants on a journey of overcoming adversity, embracing growth, and reclaiming personal power.

Class Descriptions

Keep Your Power

Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Peer Support Specialist Certification.

Carolina's Care Partnership

Carolinas CARE Partnership Class Description
Learn about free health testing offered by Carolinas CARE Partnership in Charlotte, including HIV, Hepatitis C, and STI screenings, along with wraparound support services such as care coordination, prevention education, and connections to housing and wellness resources. Join us to get tested, ask questions, and access comprehensive, affirming care.

Writing for Wellness

Join us every 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets. https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNXK0FqVW90MjJkbjhDUT09

Come As You Are

A moral support group where people can expect to come into a safe space and show up just as they are, connect with like-minded people, and lean on each other for encouragement, resources, and hope.

EASE Program

The EASE (Enhancing Wellness through Affirming Services and Education) program is a holistic behavioral health and wellness initiative based in Charlotte, North Carolina. It's designed to support individuals — particularly those who identify as LGBTQIA+ and people living with HIV/AIDS — by addressing both substance use and mental health needs in a culturally affirming, supportive environment.

Robin's Book Club

Join us in reading and discussing "The Secret" by Rhonda Byrne. Engage in a thoughtful conversation about how this book can be applied to our daily recovery.

The Purple Ribbon Club

A safe and supportive space for survivors and those impacted by domestic violence. The Purple Ribbon Club provides a judgment-free environment to share experiences, gain strength, and find healing among those who understand.

Class Descriptions

Promise Resource Network



Meet Me at the Movies

Using movies for mental health recovery involves watching and discussing films to explore emotions, coping skills, and personal growth. Movies can help individuals relate to characters, reflect on their own experiences, and gain new perspectives on challenges such as grief, trauma, addiction, or relationships.



Built Different

Using movies for mental health recovery involves watching and discussing films to explore emotions, coping skills, and personal growth. Movies can help individuals relate to characters, reflect on their own experiences, and gain new perspectives on challenges such as grief, trauma, addiction, or relationships.



Mustard Seed

Come Join the Mustard seed class and expand on your Spiritual journey. Dive into the Life Recovery bible and the 12 steps as it coincides with Faith, spirituality and personal recovery. Grow with us in mind, body, and spirit through interactive worksheets and open discussions. If you have faith in the size of a Mustard Seed and believe that recovery just might work for you, then walk with us to a new freedom.



Finding your Superhero

This class helps students discover their inner superhero strengths for protecting their mental health. Learn powerful skills like resilience, emotional awareness, and positive thinking. The lessons encourage kindness, empathy, and supporting others like a true hero. Activities show that everyone has unique powers to overcome challenges and manage stress. By the end, students feel empowered, confident, and ready to care for their minds and others.



Harm Reduction

Harm reduction class introduces the principles and practices of harm reduction as a compassionate and practical approach to recovery from substance use, mental health challenges, and disease prevention. Harm reduction focuses on meeting individuals where they are in their recovery journey and supporting safer choices that reduce the negative impacts of substance use, mental health, and offers ways to protect their physical wellness.

Class Descriptions

Grief Group

To provide a safe, supportive space for individuals experiencing grief, while honoring the impact of trauma, loss, and nervous system responses. The group focuses on regulation, meaning making and connection. Grief from loss is a common experience in recovery. Come learn how we are not alone and possible assistance in finding some personal skills that can potentially help us walk through the transition.

Milieu

In the afternoon, we have Milieu which provides a safe, structured setting designed to support growth, safety, and positive interaction. During the Milieu we have the meditation, shout outs for exciting news and recognition of peers and staff, recovery word for the day. This is a positive way to transition to Café activities, attitudes and responsibilities.

Expression Connection

The goal of this class is to create the foundation for a safe, healing, and supportive atmosphere where peers can be vulnerable and feel comfortable sharing, creating, connecting, and expressing themselves through different modes of self- expression in every class (creative writing, art therapy, open mic, movement, etc.) The objective of this class is to encourage open discussions, promote self-exploration, and to foster growth- so that peers can further their self-awareness and gain deeper insights into their emotional landscape with each Expression Connection class.

Tiny Seeds Club

Tiny Seeds Club is about growing relationships while planting seeds. We will learn how to make and design gardens within PRN. Come and enjoy the journey of learning and growing together

Sharing your story

Come together to hear the journey that led us to recovery. Staff and peers share the hardships and miracles that lead to a transition to a new and exciting way of life. Come listen to learn what made us who we are and how we got there.

Coping Skills

You got ‘em, let’s use ‘em. This class identifies ways to calmly respond to day-to-day hardships with grace and ease. Learning to cope with difficulties is a crucial part of recovery. Let’s explore what we use now and other potential skills.

Town Hall

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.

Class Descriptions

Digital Hub

Our Digital Hub is a full functioning computer lab where our peers can spend time researching, job developing, or just accessing technology for their recovery.

Let's get physical

Let's Get Physical is a wellness class that helps you stay active and supports your health during your recovery. It includes simple movement, stretching, and light activites to boost both your body and mood. You will learn how staying active can reduce stress, improve how you feel, and help build routines.

Men's Group

A time for men to come together and support each other through their recovery journeys.

Clayworks Clay Workshop

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

Rainbow Warriors(LGBTQIA)

A time to come together and support each other, learn from each other, and grow together as individuals and as a group

Recovery Cafe Circles

These Circles are at the core of the Recovery Café. Those who may not have ever been known can find opportunities to listen and be heard. These weekly groups can create familiarity with other Circle members and can allow for trust and love to be experienced again, or for the first time.

Member Leader Consultation

This is a closed weekly training session for Circle member leaders in the ongoing process of leading and supporting Café members in their Circle.

Class Descriptions

PRN Promise Resource Network



Coffee Hour

Have an espresso or latte flavored with French vanilla, caramel, chocolate and a variety of other flavored experiences. Fancy coffee is part of the Café, and you are invited to put your order in.



Character Counts

This is a 7-week structured workshop that highlights the pillars of character. Trust, personal responsibility, caring and citizenship are some of the topics that foster strong community relationships and promote individualism.



Cafe Bus Stop Clean-up

One of the guiding principles of The Recovery Café is service through giving back to our communities. Members have taken the opportunity to maintain a healthy and clean bus stop that has been designated as a responsibility of the PRN Cafe. That's what the official Mecklenburg County sign states. What a privilege.



Peer Leader Council

The Peer Leader Council is a supportive leadership space for committed individuals who want to contribute to the safe, consistent, and respectful nature of the recovery hub. This council is grounded in trauma informed values and empowerment.



New Member Introduction

This is a structured welcome and orientation to the Café community for new members and those recommitting to the program. Everyone should attend this presentation prior to taking part in the activities, groups or programing. This initial information gives a potential new member an opportunity for reflection on whether Café membership is right for them. Come be part of the PRN Café.



Rational Recovery: Book Study

Rational Recovery (RR) is a self-help program for substance use recovery that is an alternative to 12-step programs like Alcoholics Anonymous (AA). It is based on cognitive-behavioral principles and rejects the idea of addiction as a disease, instead emphasizing personal responsibility and self-reliance.

Class Descriptions

Promise Resource Network



Meet The Employer

Traletta brings it. She gets employers who are hiring to review the jobs that are available. She Built This City (training provider for construction) or VoteRiders(community partner that focuses on assisting peers with securing identifying documents.



jUStice TOGETHER

This is a 7-week structured workshop that highlights the pillars of character. Trust, personal responsibility, caring and citizenship are some of the topics that foster strong community relationships and promote individualism.



Cafe Bus Stop Clean-up

One of the guiding principles of The Recovery Café is service through giving back to our communities. Members have taken the opportunity to maintain a healthy and clean bus stop that has been designated as a responsibility of the PRN Cafe. That's what the official Mecklenburg County sign states. What a privilege.



Seeking Safety

This is a 10-week structured course that can count toward CPSS certification or recertification. It is based on support specifically for veterans who are experiencing difficulties around addiction and PTSD. We have found that some of the chapter topics are conducive to our journeys through recovery.



Job Strategy Search

The STAR Method for Mock Interviewing provides structure for storytelling and keeps answers focused and relevant. Participants will demonstrate skills like problem-solving, teamwork, and determination. Polish your interviewing skills and get that job.



Inside Out Poetry

Peer-led class grounded in lived experience and mutuality, where we focus on bringing what is on the inside... out. This means creating a safe, supportive space where individuals can take the thoughts, emotions, and experiences they carry within and express them through honest, creative writing. Through poetry, reflection, and shared connection, participants are encouraged to be real, speak their truth, and explore their voice without judgment or pressure. This space honors authenticity, recognizes the power of lived experience, and allows individuals to process, connect, and grow by turning what is felt internally into something that can be seen, heard, and shared.

Class Descriptions

Promise Resource Network

Think It Through

Making Better Decisions Through Connection, Reflection, and Support.
We all face challenges, tough choices, and unexpected situations. Think It Through provides a supportive space where participants can learn from one another, explore different perspectives, and build confidence in their ability to make informed decisions. Through peer discussions, interactive activities, and real-life experiences, you'll strengthen problem-solving skills, discover practical strategies for navigating life's ups and downs, and recognize the strengths you already have.

Intro to Harm Reduction

Staying safer, reducing risks, and supporting people without judgment.
In this class, we'll talk about overdose prevention, naloxone, safer choices, and ways to protect yourself and others. Whether you're in recovery, considering changing, or supporting someone else, you'll learn practical information that can save lives and build hope.

Group Fitness

Get Moving, Feel Better.
Whether you're just starting out or already active, this class is all about moving your body in ways that feel good. We'll focus on simple exercises, stretching, strength, balance, and having fun while improving our overall health. No pressure, no competition, just encouragement, support, and a chance to build healthy habits one step at a time.

Thriving with TBI

Living Well After Brain Injury.
A traumatic brain injury can bring unique challenges, but it doesn't define who you are. This class offers support, encouragement, and practical tools for navigating life with TBI. We'll discuss memory tips, stress management, self-advocacy, healthy routines, and ways to build on your strengths so you can continue moving forward with confidence.

My Music, My Recovery

Finding Healing Through Music.
Music has a way of speaking to us when words can't. This class explores how music can support recovery, improve mood, reduce stress, and help us express ourselves. We'll share songs, stories, and experiences while discovering how music can become a positive tool for healing, growth, and connection.

Finding Your Purpose

Discover What Drives You.
Everyone has something that gives their life meaning. This class is about exploring your strengths, values, interests, and goals to help you identify what matters most to you. Through self-reflection and conversation, you'll be encouraged to reconnect with your passions and create a vision for the future you want.

Class Descriptions

PRN Promise Resource Network



Recovery Hub Orientation

New to the Recovery Hub?
This class will help you get connected. You'll learn about our programs, resources, groups, activities, and community guidelines, while meeting staff and peers who are here to support you. It's a relaxed way to get comfortable, ask questions, and discover all the opportunities available to help you on your journey.



Building Healthy Relationships

Creating Stronger Connections.
Relationships can help us grow, heal, and thrive. In this class, we'll talk about what makes relationships healthy, how to communicate effectively, set boundaries, build trust, and handle conflict in positive ways. Whether it's family, friends, partners, or peers, you'll gain tools to create stronger, healthier connections.



Key Wellness Concepts

Learning Wellness Through Shared Experience.
This class introduces the core concepts of Wellness Recovery Action Planning (WRAP)



Healthy Choices: Nutrition

Learn practical ways to make healthier food choices that support your physical and mental well-being. Participants will explore basic nutrition, meal planning, budgeting tips, and simple strategies for building healthy habits that fit everyday life.



Healthy Choices: Hygiene & Self-Care

Self-care is an important part of overall wellness and recovery. This class focuses on personal hygiene, daily wellness routines, stress management, and healthy lifestyle practices that promote confidence, independence, and well-being.



Introduction to Peer Support

Is Peer Support Work Right For You?
In this class, learn what the job is, what it asks, and how to decide.

PRN Promise Resource Network

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 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.

women's impact fund GRANT RECIPIENT

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

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