

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Closed for Holiday	2 10am The Aruba Effect 11:30am Beyond Sober*	3 Closed for Training	4 Closed for Training	5 Closed for Training	6
8 Closed for Training	9 Closed for Training	10 10am Recovery 101 11:30am The 5th Agreement 1pm Charlotte Music Therapy*	11 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am Beyond Sober* 7pm Writing for Wellness*	12 HUB OPENS AT 10AM 10:15am Keep Your Power 11:30am End the Stigma*	13
15 Closed for Holiday	16 10am The Aruba Effect 11:30am Beyond Sober*	17 10am Take A Risk 11:30am The 5th Agreement	18 10am Writing for Wellness 11:30am Beyond Sober*	19 HUB OPENS AT 10AM 10:15am Keep your Power 11:30am Rhythm of Wellness 1pm Splatter Charlotte* 6pm Open Mic	20
22 10am Another Way 11:30am Positive Self-Esteem	23 10am The Aruba Effect 11:30am Beyond Sober*	24 10am Recovery 101 11:30am The 5th Agreement 1pm Charlotte Music Therapy*	25 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am Beyond Sober* 7pm Writing for Wellness*	26 HUB OPENS AT 10AM 10:15am Keep your Power 11:30 Clayworks	27
29 10 am-1 pm JOB FAIR	30 10am The Aruba Effect 11:30am Beyond Sober*	31 10am Take A Risk 11:30am The 5th Agreement			30



Culture For All.

(*)These classes were made possible, in part, with funding from ASC, and the N.C. Arts Council, a division of the Department of Natural & Cultural Resources.



View class descriptions here:
[PromiseResourceNetwork.org/events/](https://www.PromiseResourceNetwork.org/events/)
 704-390-7709



Guerilla Poets: End the Stigma Poetry Workshop

Friday, January 12th, 11:30am

Guerilla Poets provide art, music, and writing lessons in their creative workshops that are empowering, healing, and educational.




Beyond Sober

Tuesdays & Thursdays 11:30am

Jes & Leslie will be holding several different workshops at this time including: movement classes, craft making, journaling and poetry, and more!



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

Will not Occur This Month!

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.



CHARLOTTE MUSIC THERAPY

Charlotte Music Therapy

2nd and 4th Wednesday at 1 pm.

Charlotte Music Therapy hosts a music therapy session to address past thoughts through the use of instruments and song writing. on the 2nd Wednesday and 4th Wednesday of each month (in person) at 1 pm.



Drum Circle

2nd Wednesday at 1pm

Drum Circle hosted by David Drum using his expertise he will lead participants in rhythmic sound making to relieve stress and foster creativity.



Positive Self-esteem

Mondays at 11:30am Onsite

Join Shannon in discussions around the power of positive thoughts and learn what may hold us back from having a positive self image and positive self-esteem.



Women's Group

2nd & 4th Thursdays at 10am Onsite

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





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.



Another Way

Mondays at 10am On-Site/  

Join Sharon to discuss another way... to life, to recovery, to happiness, to coping, to joyfulness, to relationships, to difficult emotions and much, much more! Another Way will provide time for discussion around alternative methods to everything we face in life and wellness.



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**



My Music My Recovery

2nd and 4th Thursdays at 11:30am

Join Cedric in exploring the power of music in life and in recovery.



Writing for Wellness

Thursdays at 7pm 

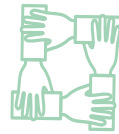
Join us every 1st and 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets. <https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNXK0FqVW90MjJkbjhDUT09>



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!



Splatter Charlotte

January 19th 1pm

Splatter Charlotte hosts a paint throwing with discussions on how we all make up one community. Without even one of our contributions, the community would not be the same just like the finished community paint project.



Aspects of Recovery

3rd Thursday at 11:30am

A walk through the 8 dimensions of wellness.



Midnight Meditation

Will not occur this month  

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.





Men's Group

2nd & 4th Thursday at 10am

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



Clayworks Clay Curious Workshop

Friday, Clay Works January 26th at 11:30am

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



Guerilla Poets: Open Mic

Friday, January 19th 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

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

3rd Thursday at 10am

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



Wednesdays at 10am

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

2nd & 4th Thursday at 10am

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





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.

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



Culture For All.

Classes were made possible, in part, with funding from ASC, and the N.C. Arts Council, a division of the Department of Natural & Cultural Resources.

The Arts and Science Council (ASC) has awarded PRN its third 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.

