

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|--|---|---|-----------|
| <p>1</p> <p>9am Tai Chi<br/>10am Another Way<br/>11:30am Positive Self-Esteem<br/>1pm Hip Hop Dance</p>  | <p>2</p> <p>10am The Aruba Effect<br/>11:30am Beyond Sober*<br/>1pm Drum Circle</p>                    | <p>3</p> <p>9am Tai Chi<br/>10am Snacks and Recovery Chat<br/>11:30am "The Greatest Miracle in the World"<br/>1pm Sharon's Roundtable</p>  | <p>4</p> <p><b>HUB CLOSED For 4th of JULY</b></p>   | <p>5</p> <p><b>HUB OPENS AT 10AM</b><br/>10:15am Keep your Power<br/>11:30am Peer Support 101</p>   | <p>6</p>  |
| <p>8</p> <p>9am Tai Chi<br/>10am Another Way<br/>11:30am Positive Self-Esteem<br/>1pm Worklt</p>         | <p>9</p> <p>10am The Aruba Effect<br/>11:30am Beyond Sober*<br/>1pm Helping Hands, Helping Smiles</p>  | <p>10</p> <p>9am Tai Chi<br/>10am Recovery 101<br/>11:30am "The Greatest Miracle in the World"<br/>1pm Charlotte Music Therapy*</p>        | <p>11</p> <p>10am Women's Group<br/>10am Men's Group<br/>10am LGBTQIA+ Group<br/>11:30am Beyond Sober*</p>                    | <p>12</p> <p><b>HUB OPENS AT 10AM</b><br/>10:15am Keep your Power<br/>11:30 End the Stigma*<br/>1pm Adventures in Spirituality</p>                | <p>13</p> |
| <p>15</p> <p>9am Tai Chi<br/>10am Another Way<br/>11:30am Positive Self-Esteem<br/>1pm Hip Hop Dance</p> | <p>16</p> <p>10am The Aruba Effect<br/>11:30am Beyond Sober*<br/>1pm Drum Circle</p>                   | <p>17</p> <p>9am Tai Chi<br/>10am Snacks and Recovery Chat<br/>11:30am "The Greatest Miracle in the World"<br/>1pm Sharon's Roundtable</p> | <p>18</p> <p>10am Writing for Wellness*<br/>11:30am Beyond Sober*<br/>1pm Movement for Healing<br/>1pm Splatter Charlotte</p> | <p>19</p> <p><b>HUB OPENS AT 10AM</b><br/>10:15am Keep your Power<br/>11:30am African Dance Class</p>   | <p>22</p> |
| <p>22</p> <p>9am Tai Chi<br/>10am Another Way<br/>11:30am Positive Self-Esteem</p>                       | <p>23</p> <p>10am The Aruba Effect<br/>11:30am Beyond Sober*<br/>1pm Helping Hands, Helping Smiles</p> | <p>24</p> <p>9am Tai Chi<br/>10am Recovery 101<br/>11:30am "The Greatest Miracle in the World"<br/>1pm Charlotte Music Therapy*</p>        | <p>25</p> <p>10am Women's Group<br/>10am Men's Group<br/>10am LGBTQIA+ Group<br/>11:30am Beyond Sober*<br/>1pm Town Hall</p>  | <p>26</p> <p><b>HUB OPENS AT 10AM</b><br/>10:15am Keep your Power<br/>11:30am ClayWorks*<br/>1pm Adventures in Spirituality<br/>6pm Open Mic*</p> | <p>27</p> |
| <p>29</p> <p>9am Tai Chi<br/>10am Another Way<br/>11:30am Positive Self-Esteem<br/>1pm Hip Hop Dance</p> | <p>30</p> <p>10am The Aruba Effect<br/>11:30am Beyond Sober*<br/>1pm Drum Circle</p>                   | <p>31</p> <p>9am Tai Chi<br/>10am Recovery 101<br/>11:30am "The Greatest Miracle in the World"</p>   |   |   |           |



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://PromiseResourceNetwork.org/events/)  
 704-390-7709



## Guerilla Poets: End the Stigma Poetry Workshop

Friday, July 12th at 10:15 am

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 10:15 am 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

See Calendar

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

Monday & Wednesday 9-9:45am OnSite

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.



## My Music My Recovery

See Calendar OnSite

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



## Writing for Wellness

See Calendar 

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 Greatest Mircle in the World"

Wednesdays at 11:30am On-site

Join us in reading and discussing the book "The Greatest Mircle in the World"



## Workit!

2nd Monday at 1pm  

Workit! provides a space for all things work related!



## Splatter Charlotte

July 18th 1pm offsite

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

Will not occur this month

A walk through the 8 dimensions of wellness.



## Movement for Healing

See Calendar for Days and Times

Movement for Healing will provide fundamentals and choreography in different styles of dance to provide a coping mechanism for hardships such as addiction, mental illness and trauma. Dance has brought peace and clarity throughout my life and I would be enthused to pass along this gift





## 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 July 26th at 11:30am

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



## Guerilla Poets: Open Mic

Friday, July 26th 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

See Calendar for Days and Times

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.



## Helping Hands, Helping Smiles

Tuesdays at 1pm

We will explore the power of getting involved and how it can bring genuine smiles to our faces. We will delve into the question of what each of us can do to enhance our own happiness, both from the inside and outside.



## Snacks & Recovery Chat

2nd and 4th Wednesday at 10am Onsite

Join in for a light snack and 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**



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](http://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](http://www.womensimpactfund.org)



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.