PRN Promise Resource Network

May 2023 Class Calendar

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am Inside Out 11:30am Wellness Ball	2 9:30am Daily Intention 10am The Aruba Effect 11:30am Body Mind Spirit	3 10am Color me Affirmed 11:30am The 5th Agreement	4 9:30am Daily Intention 10am Expansions with Jane 11:30am Sharon's Topic 7pm Writing for Wellness	5 9am Just for Today 10am Keep Your Power 11:30am Rhythm of Wellness	6
8 10am Inside Out 11:30am Wellness Ball 1pm WorkIt!	9 9:30am Daily Intention 10am The Aruba Effect 11:30am Body Mind Spirit	10 10am Take A Risk with Courtney 11:30am The 5th Agreement	11 9:30am Daily Intention 10am Expansions with Jane 11:30am My Music My Recovery 12am Midnight Meditation	12 9am Just for Today 10am Keep Your Power 11:30am Rhythm of Wellness 6pm End the Stigma	13
15 10am Inside Out 11:30am Wellness Ball	16 9:30am Daily Intention 10am The Aruba Effect 11:30am Body Mind Spirit	17 10am Color Me Affirmed 11:30am The 5th Agreement	18 9:30am Daily Intention 10am Expansions with Jane 11:30am Aspects of Recovery 7pm Writing for Wellness	19 9am Just for Today 10am Keep Your Power 11:30am Rhythm of Wellness	20
22 10am Inside Out 11:30am Looking In	23 **Hub Closed**	24 10am Take A Risk with Courtney 11:30am The 5th Agreement	25 9:30am Daily Intention 10am Expansions with Jane 11:30am My Music My Recovery 12am Midnight Meditation	26 9am Just for Today 10am Keep Your Power 11:30am Clayworks 6pm Open Mic	27
29 **Hub Closed Memorial Day**	30 9:30am Daily Intention 10am The Aruba Effect 11:30am Body Mind Spirit	31 10am Color Me Affirmed 11:30am The 5th Agreement			

View class descriptions here:
PromiseResourceNetwork.org/events/
704-390-7709

Class Descriptions

Guerilla Poets: End the Stigma Poetry Workshop

Friday, May 12th, 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=NFJSa2kxdEZnN3NzZi84K1ZTZTJFdz09

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.

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 May 3rd, 17th & 31st 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.

Body Mind Spirit

Tuesdays at 11:30 On-site

This class explores different topics, from discovering your authentic self, to bringing balance and mindfulness in your life. **Virtual only for the class on April 18th**.

Expansion with Jane Ritz

Thursdays at 10am In Person/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 class on April 20th.**

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.

Daily Intention

Tuesdays and Thursdays at 9:30 am

Start your day off with a quick moment of reflection with Erin every Tuesday and Thursday.

Class Descriptions

PRN Promise Resource Network

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

Monday at 10am On-Site/Online

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.

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

Thursday, May. 4th & 18th 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! **Will not occur this month.**

Looking In

Monday May 22nd 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

2nd & 4th Thursday at midnight

A midnight offering for 'night owls' looking for peace and connection.

Class Descriptions

PRN Promise Resource Network

Adventures In Recovery

2nd Tuesday at 3:30pm

Come experience the recovery adventures of reliance.

Clayworks Clay Curious Workshop

Friday, Clay Works May 26th at 11:30am On-Site

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

Guerilla Poets: Open Mic

Friday, May 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

Friday, May 5th, 12th & 19th 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

Will Resume in June

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

Wednesday, May. 10th & 2\4th 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.

Sharon's Topic

Thursday May 4th at 11:30am Onsite

An exploration into the 8 dimensions of wellness and how each applies to our recovery.

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.

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

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

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.