



JANUARY 2022 CLASS CALENDAR





Facebook/Youtube = Purple

In Person = Green



Zoom = Black

Online/In Person = Brown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 PRN Promise Resource Network PromiseResourceNetwork.org 704-390-7709					 Culture For All. (*) CLASSES ARE MADE POSSIBLE, IN PART, BY GENEROUS GRANTS FROM THE ARTS AND SCIENCE COUNCIL
3 6:30am Just for Today 10am Recovery 101 11:30am Imagine If? 6pm Mind-Body Medicine	4 10am Recovery 201 11:30am Pathways to Recovery 2:30pm Navigating Grief 6pm Expansion with Jane Ritz 8pm Ease-Drop	5 6:30am Just for Today 10am Rapp'n with Sharon 10am Gentle Yoga 11:30am Tell Your Tale 1pm Commonwealth Charlotte	6 10am Body Mind and Spirit 11:30am Decompress 11:30am Let's Get Creative 1pm My FAMILY 6pm Mind-Body Medicine 7pm Writing for Wellness*	7 6:30am Just for Today 10am Keep Your Power 11:30am Guided Meditation 11:30am Mindful Living 1pm YOGA with Jane 1pm Without Words*	8
10 6:30am Just for Today 10am Recovery 101 11:30am Imagine If? 1pm Workit!	11 10am Recovery 201 11:30am Pathways to Recovery 2:30pm Navigating Grief 6pm Expansion with Jane Ritz	12 6:30am Just for Today 10am Rapp'n with Sharon 10am Gentle Yoga 11:30am Tell Your Tale 6:30pm Adventures In Recovery	13 10am Body Mind and Spirit 11:30am Decompress 11:30am Let's Get Creative 1pm My FAMILY	14 6:30am Just for Today 10am Keep Your Power 11:30am Guided Meditation 11:30am Mindful Living 1pm YOGA with Jane 6pm Guerilla Poets End the Stigma*	15
17 OFFICE CLOSED	18 10am Recovery 201 11:30am Pathways to Recovery 2:30pm Navigating Grief 6pm Expansion with Jane Ritz 8pm Ease-Drop	19 6:30am Just for Today 10am Rapp'n with Sharon 10am Gentle Yoga 11:30am Tell Your Tale	20 10am Body Mind and Spirit 11:30am Decompress 11:30am Let's Get Creative 1pm My FAMILY 6pm Mind-Body Medicine 7pm Writing for Wellness*	21 6:30am Just for Today 10am Keep Your Power 11:30am Guided Meditation 11:30am Mindful Living 12:30pm Think-N-Paint* 1pm YOGA with Jane 6pm Guerilla Poets Open Mic*	22
24 6:30am Just for Today 10am Recovery 101 11:30am Imagine If?	25 10am Recovery 201 11:30am Pathways to Recovery 2:30pm Navigating Grief 6pm Expansion with Jane Ritz	26 6:30am Just for Today 10am Rapp'n with Sharon 10am Gentle Yoga 11:30am Tell Your Tale 6:30pm Adventures In Recovery	27 10am Body Mind and Spirit 11:30am Decompress 11:30am Let's Get Creative 1pm T.H.A.T. Heals 1pm My FAMILY	28 6:30am Just for Today 10am Keep Your Power 10am Drums4Life* 11:30am Clayworks Clay Curious* 11:30am Guided Meditation 11:30am Mindful Living	29
31 6:30am Just for Today 10am Recovery 101 11:30am Imagine If?					

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



Adventures In Recovery

Wednesday (1/12 & 1/26) at 6:30pm  

Come experience the recovery adventures of reliance.



Body, Mind & Spirit

Thursdays at 10am On-Site/ 

This class explores different topics, from discovering your authentic self, to bringing balance and mindfulness in your life.



Commonwealth Charlotte

Wednesday, January 5th at 1pm

Participants only need to attend one, 1-hour session. Once completed, they are eligible to work with CommonWealth Charlotte staff one-on-one.



Clayworks Clay Curious Workshop

Friday, January 28th at 11:30am - 1pm On-Site

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



Decompress

Thursdays at 11:30am On-Site

Join us to explore how to use decompression techniques to let go of today's stress.



Drums 4 Life

Friday, January 28th at 10am - 11:30am 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.



Ease-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

Tuesdays 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.



Guerilla Poets:

End the Stigma Poetry Workshop

Friday, January 14th, 6pm 

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



Guerilla Poets: Coming Together Open Mic

Friday, January 21st at 6pm 

Open Mic is an opportunity to share your creativity in a public forum.





Guided Meditation

Fridays at 11:30am 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.



Imagine If?

Mondays at 11:30am On-Site

"Imagine If?" explores the varied possibilities and scenarios' of wellness, recovery and healing through conversation that focus on practical views of everyday life.



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.



Let's Get Creative with Jane

Thursdays at 11:30am  

Explore your creative side while stimulating your brain and improving your mood. Each week will offer a different creative opportunity!



Mind-Body Medicine with Dr. Ariel

1st & 3rd Monday and Thursday at 6pm  

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 11:30am  

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!



My Family

Thursdays at 1pm  

While many supports focus on building individual wellness and recovery, MY FAMILY focuses on how families can build healthy relationships rooted in wellness-as a FAMILY!



Navigating Grief Together

Tuesdays at 2:30pm 

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.



Pathways to Recovery

Tuesdays at 11:30am On-Site

Explore the different pathways of recovery that individuals use to achieve their own personal sense of freedom and wellness.





Rapp'n With Sharon

Wednesdays at 10am On-Site

Sharon hosts discussions about Wellness Recovery Action Plans (WRAP) 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.



Recovery 201

Tuesdays at 10am On-Site/  

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



Tell Your Tale

Wednesdays at 11:30am On-Site/  

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



T.H.A.T. Heals

Thursday, January 27th at 1pm  

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.



Think N Paint

Friday, January 21st at 12:30pm

A fun interactive Paint Party that will expand your creativity. No experience needed to participate. Materials and easy instruction will be provided.



Workit!

2nd Monday (1/10) at 1pm  

Workit! provides a space for all things work related!



Without Words (WOW)

Friday, January 7th at 1pm 

Without Words (WOW) provides versatility in offering dance and movement, meditative and grounding techniques as well as expressive arts and holistic intervention strategies. Without Words (WOW) is committed to assisting in the human renewal and rebuilding process of others so that they can return those gifts to their loved ones and the world.



Writing for Wellness

Thursday, Jan. 6th & 20th from 7-8pm 

Join us every 1st and 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets.



YOGA with Jane

Fridays at 1pm  

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





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 focus on their Wellness and Recovery ANYTIME.

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 Wednesday at 6:30pm
(1/12 & 1/26)  



ABOUT THE CLASS:

Come experience the recovery adventures of reliance



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JOIN US

Clay Curious



Friday, January 28th from 11:30am - 1pm
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

Coming Together Open Mic

Friday, January 21st at 6pm

Zoom 

The Open Mic is an opportunity to share your creativity in a public forum.

Meeting Link: <http://ow.ly/moMM50Hhz6L>

ABOUT GUERRILLA POETS:

Guerilla Poets is a nonprofit group based out of Charlotte that provides art, music and writing lessons in their creative workshops that are empowering, healing and educational.



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JOIN US

Commonwealth Charlotte: Empowerment Workshop



Wednesday, January 5th at 1pm

On-Site!

2224 The Plaza, Charlotte NC 28205.

ABOUT THE WORKSHOP:

Commonwealth Charlotte will present a live class at PRN.



Culture For All.

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NEW CLASS!

JOIN US

Decompress

Thursdays at 11:30am
On-Site



ABOUT THE CLASS:

Join us to explore how to use decompression techniques to let go of today's stress.



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JOIN US

End the Stigma Poetry Workshop

Friday, January 14th from 6-7pm 

Meeting Link: <http://ow.ly/963650HgH28>

Meeting ID: 867 2582 6249

Passcode: 719777



ABOUT GUERRILLA POETS:

Guerrilla Poets is a nonprofit group based out of Charlotte that provides art, music and writing lessons in their creative workshops that are empowering, healing and educational.



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NEW CLASS!

JOIN US

Guided Meditation

Fridays 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. Our goal is that you can achieve a greater sense of well-being.



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NEW CLASS!

JOIN US

Imagine If?



Mondays at 11:30am

On-Site

ABOUT THE CLASS:

“Imagine If?” explores the varied possibilities and scenarios’ of wellness, recovery and healing through conversation that focus on practical views of everyday life.

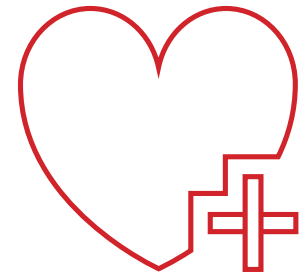


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JOIN US

Mind-Body Medicine with Dr. Ariel



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

1st & 3rd Mondays & Thursdays at 6pm

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

Tuesdays at 2:30pm 

Meeting Link: <http://ow.ly/YzPK50GB7nQ>
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

Pathways to Recovery

Tuesdays at 11:30am

On-Site

ABOUT THE CLASS:

Explore the different pathways of recovery that individuals use to achieve their own personal sense of freedom and wellness. Discussion will be around substance use and mental health recovery and will be intentionally inclusive of



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NEW CLASS!

JOIN US

Tell Your Tale

Wednesdays at 11:30am

On-Site/  



ABOUT THE CLASS:

Come experience Recovery Stories and learn how to use your Recovery story to inspire Hope in others.



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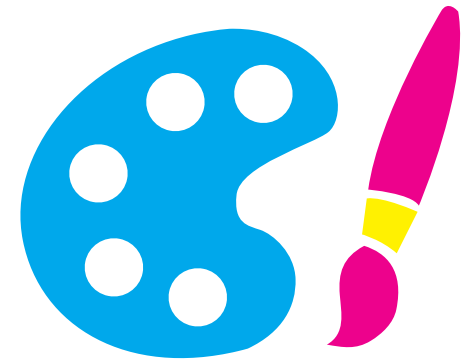
JOIN US

Think-N-Paint

Friday, January 21st at 12:30pm

On-Site

A fun interactive Paint Party that will expand your creativity. No experience needed to participate. Materials and easy instructions will be provided.



Think-N-Paint

2224 The Plaza, Charlotte NC 28205



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JOIN US

Workit!



2nd Monday (1/10) 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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