



NOVEMBER 2021 CLASS CALENDAR

Facebook = Blue

YouTube = Red

Zoom = Black

In Person = Green

Facebook & YouTube = Purple

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:30am Just for Today 10am Recovery 101 11:30am My Music, My Recovery 1pm What If? 1pm Workit! 5pm Mindful Living 6pm Mind-Body Medicine	2 10am Recovery 201 10am Commonwealth Charlotte 11:30am PRN ReConnect 1pm What If? 1pm Bounce Back 2:30pm Navigating Grief 6pm Expansion with Jane Ritz 8pm Ease-Drop	3 6:30am Just for Today 10am Rapp'n with Sharon 11:30am Wellness with Wells 1pm What If? 6:30pm Through the Eyes of Others	4 10am Body Mind and Spirit 10am Commonwealth Charlotte 11:30am PRN ReConnect 11:30am Let's Get Creative 1pm What If? 1pm Gentle Chair Yoga 1pm My FAMILY 6pm Mind-Body Medicine 7pm Writing for Wellness*	5 6:30am Just for Today 10am Keep Your Power 11:30am Taking Control 11:30am PRN ReConnect 1pm Freestyle Fridays 1pm Without Words* 1pm YOGA with Jane	6
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				 PromiseResourceNetwork.org 704-390-7709	



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



Body, Mind & Spirit Thursdays

Thursdays at 10am On-Site/  

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



Bounce Back

Tuesdays at 1pm  

Let's talk strategies that can help us rebound from the powerlessness that COVID interjected into our world and into our lives.



Commonwealth Charlotte

Tuesday & Thursdays at 10am 

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, November 19th at 6pm On-Site

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



Drums 4 Life

Friday, November 19th at 6pm 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.



Focus On Wellness 2021

2nd & 4th Wednesday at 1pm  

This class will explore the relationship between mental health and overall wellness. Focus on Wellness in 2021 envisions wellness as the presence of a positive purpose in life.



Freestyle Fridays with Tia

Fridays at 1pm On-Site/  

PRN presents a platform to express love, pain, power and trauma through song, spoken word, art and poetry. Come celebrate recovery in a creative and exciting way...the PRN way!



Gentle Chair Yoga with Casey Jean

Thursdays 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.



Guerilla Poets:

End the Stigma Poetry Workshop

Friday, November 12th, 6-7pm 

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





Guerrilla Poets: Coming Together Open Mic

Friday, November 19th at 6pm On-Site

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



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!



Meals with Manda

Tuesday, November 30th @ 7pm  

Join Manda for this post holiday edition!



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 Monday at 5pm  

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!



My Music, My Recovery

Mondays at 11:30am On-Site/  

For Music Lovers...conversations about the relationship of our favorite music genres and the role music has played in our wellness and recovery journeys.



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.



PRN ReConnect

Tuesdays, Thursdays, & Fridays at 11:30am On-Site

PRN ReConnect brings PRN back together in our life building a rhythm of wellness and recovery. Hang out with us in a town hall environment to discuss what's going on with the PRN community...Let's ReConnect!





Rapp'n With Sharon

Wednesdays at 1pm 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.



T.H.A.T. Heals

2nd & 4th Monday at 5pm | Thursday, Nov. 11th 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.



Taking Control

Fridays at 11:30am On-Site/  

We examine how reactions displayed through anger can hinder our efforts to build wellness/recovery. We share effective response approaches that employ relaxation, cognitive and communication skills to improve responses to situations and interactions with others.



The Wellness Chronicles

Monday, November 22nd & 29th at 7pm  

Join us for community conversations exploring injustice and igniting sustainable social change and embed wellness in marginalized communities.



Think N Paint

November 19th at 6pm On-Site/  

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



Through the Eyes of Others

Wednesdays at 6:30pm  

Aaron and Lisa facilitate conversations about the emotional residue that many people are experiencing as a result of the trauma stories of others.



"Wellness with Wells"

Wednesdays at 11:30am On-Site/  

Spend time in virtual conversation with Aaron as he shares lived experience and lessons learned that can help us build wellness and recovery we can sustain for the lifestyles we desire.



What If...?

Monday, Tuesday, Wednesday, & Thursday at 1pm On-Site

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



Workit!

Mondays at 1pm  

Workit! provides a space for all things work related!





Without Words (WOW)

Friday, November 5th 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, November 4th & 18th 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 10am  

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.

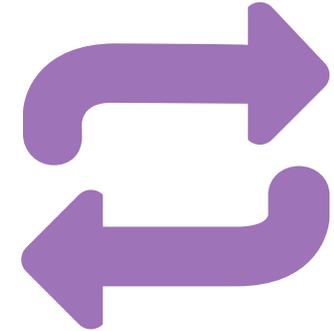


Culture For All.



JOIN US

Bounce Back



Tuesdays at 1pm

On Facebook Live and Youtube  

ABOUT THE CLASS:

Let's talk strategies that can help us rebound from the powerlessness that COVID interjected into our world and into our lives.



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JOIN US

Clay Curious

Friday, November 19th at 6pm
On-Site



Each registered participant will be able to pick up a kit with clay and tools at PRN to 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.



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JOIN US

Coming Together Open Mic

Friday, November 19th at 6pm

On-Site

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



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



Tuesdays & Thursdays at 10am 

Meeting Link: <http://ow.ly/PXki50Gh5Uk>

ABOUT THE WORKSHOP:

Participants only need to attend one, 1-hour session. Once completed, they are eligible to work with Commonwealth Charlotte staff one-on-one and apply for a loan through us; Opportunity Loan and Lending Circles.

For classes and services is Spanish, please email Yuli Rodriguez at yrodriguez@commonwealthcharlotte.org



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JOIN US

End the Stigma Poetry Workshop



Friday, November 12th from 6-7pm 

Meeting Link: <http://ow.ly/a9oQ50GyeQO>

Meeting ID: 867 2582 6249

Passcode: 719777

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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SPECIAL EDITION!

JOIN US

Meals with Manda

Join Manda for this special, post holiday edition of Meals with Manda!

Tuesday, November 30th at 7pm
On Facebook Live and Youtube  



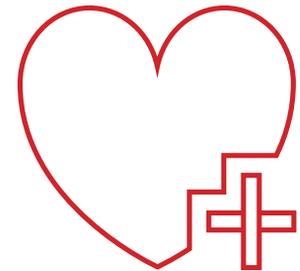
Culture For All.

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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 and 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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JOIN US

My Music, My Recovery



Mondays at 11:30am

On-Site /  

ABOUT THE CLASS:

For Music Lovers...conversations about the relationship of our favorite music genres and the role music has played in our recovery, wellness and healing journeys.



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JOIN US

PRN ReConnect



**Tuesdays, Thursdays & Fridays at 11:30am
On-Site**

ABOUT THE CLASS:

PRN ReConnect brings PRN back together in our life building a rhythm of wellness and recovery. Hang out with us in a town hall environment to discuss what's going on with the PRN community...Let's ReConnect!



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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.

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.



JOIN US

Taking Control

Fridays at 11:30am

(10 week class)

On-Site

(2224 The Plaza, Charlotte NC 28205)

ABOUT THE CLASS:

We examine how reactions displayed through anger can hinder our efforts to build wellness/recovery. We share effective response approaches that employ relaxation, cognitive and communication skills to improve responses to situations and interactions with others.



Culture For All.

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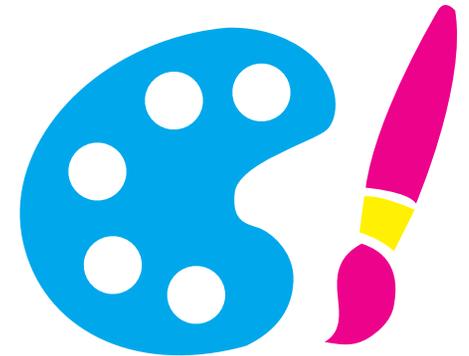
JOIN US

Think-N-Paint

Friday, November 19th at 6pm

On-Site

Think-N-Paint provides fun and interactive paint classes that will expand your creativity. No experience or skills needed to participate. We provide all materials and an easy step-by-step instruction. Let's create together while having fun!



Think-N-Paint



Culture For All.

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JOIN US

What If...?



Monday, Tuesday, Wednesday, & Thursday at 1pm
On-Site

ABOUT THE CLASS:

“What 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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NEW CLASS!

JOIN US

Workit!



Mondays 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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