

# FEBRUARY 2025 CLASS CALENDAR

The Hub  
1401 East 7th St  
Charlotte, NC 28204



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub</p>	<p>4</p> <p>9am Morning Meditation 10am Overcoming with Ashley 11:30am Beyond Sober 1pm Self Care Support Group 2pm Digital Hub 3pm SMART Recovery</p>	<p>5</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 10am Purple Ribbon Club 11:30am Open Mind "The Secret" 1pm Digital Hub</p>	<p>6</p> <p>9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am EASE Info Session 1pm Food with Friends 2pm Digital Hub</p>	<p>7</p> <p><b>HUB OPENS 10AM</b> 10am Morning Meditation 10:15 Keep Your Power 11:30am Town Hall 1pm SMART Recovery 2pm Digital Hub</p>
<p>10</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub</p>	<p>11</p> <p>9am Morning Meditation 10am Rising Through Rhyme 11:30am Beyond Sober 1pm Digital Hub 3pm SMART Recovery</p>	<p>12</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 11:30am Open Mind "The Secret" 1pm Sharon's Roundtable 2pm Digital Hub</p>	<p>13</p> <p>9am Morning Meditation 10am Peer Leader Info Session 11:30am Mystery Activity 1pm Budgeting Workshop 2pm Digital Hub</p>	<p>14</p> <p><b>HUB OPENS 10AM</b> 10am Morning Meditation 10:15 Keep Your Power 11:30am Movement for Healing 1pm SMART Recovery 2pm Digital Hub</p>
<p>17</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub</p>	<p>18</p> <p>9am Morning Meditation 10am Overcoming with Ashley 11:30am Beyond Sober 1pm Self Care Support 2pm Digital Hub 3pm SMART Recovery</p>	<p>19</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 11:30am Open Mind "The Secret" 1pm Digital Hub</p>	<p>20</p> <p>9am Morning Meditation 10am Writing for Wellness 11:30am Auto Buying 101 1pm Food with Friends 2pm Digital Hub</p>	<p>21</p> <p><b>HUB OPENS 10AM</b> 10am Morning Meditation 10:15 Keep Your Power 11:30am ClayWorks 1pm SMART Recovery 2pm Digital Hub</p>
<p>24</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Peer Leader Council 2pm Digital Hub</p>	<p>25</p> <p>9am Morning Meditation 10am Rising Through Rhyme 11:30am Beyond Sober 1pm Digital Hub 3pm SMART Recovery</p>	<p>26</p> <p>9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 10am The Purple Ribbon Club 11:30am Open Mind "The Secret" 1pm Sharon's Roundtable 2pm Digital Hub</p>	<p>27</p> <p>9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am Recovery Cafe Launch Party 1pm Budgeting Workshop 2pm Digital Hub</p>	<p>28</p> <p><b>HUB OPENS 10AM</b> 10am Morning Meditation 10:15 Keep Your Power 11:30am Movement for Healing 1pm SMART Recovery 2pm Digital Hub 6pm Come Together Open Mic (virtual)</p>





## Morning Meditation

Every morning @ 9am

Start your day with intention and calm. Our 15-minute Morning Meditation session offers a peaceful space to center yourself, reduce stress, and cultivate mindfulness. Led by Staff and Peers, we set the tone for the Hub, together.



## Beyond Sober

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



## Keep Your Power

Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Peer Support Specialist Certification.



## Movement for Healing

Come experience a technique in which will guide your thoughts through different forms of movement.



## Budgeting Workshop

Take control of your finances and build a stable foundation for your recovery journey. This Budgeting Workshop for Recovery provides practical tools to manage money, set financial goals, and develop healthy spending habits



## Recovery 101

Your journey, your recovery, your growth. Recovery 101 is a foundational group designed to explore the essentials of healing from substance use and mental health challenges.



## Positive Self-esteem

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

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





## Rising Through Rhyme

Express, heal, and connect through the power of poetry. Rising Through Rhyme is a creative space where words become a tool for self-discovery and recovery. Join Ashley as we turn emotions into art and rise together through rhythm and rhyme.



## Another Way

Join 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 with Antonio

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. Led by one of our Cafe peer leaders, Antonio.



## Writing for Wellness

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



## Open Mind "The Secret"

Join us in reading and discussing "The Secret" by Rhonda Byrne. Engage in a thoughtful conversation about how this book can be applied to our daily recovery.



## Digital Hub

Our Digital Hub is a full functioning computer lab where our peers can spend time researching, job developing, or just accessing technology for their recovery.



## Self-Care Support Group

Prioritize yourself in a space dedicated to healing, growth, and self-compassion. Our Self-Care Support Group offers a supportive environment to explore ways to nurture your mind, body, and spirit.



## The Purple Ribbon Club

A safe and supportive space for survivors and those impacted by domestic violence. The Purple Ribbon Club provides a judgment-free environment to share experiences, gain strength, and find healing among those who understand.







## Men's Group

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



## Clayworks Clay Workshop

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



## Guerilla Poets: Open Mic

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

<https://us02web.zoom.us/j/74348501287pwd=ZDhsUktTeTdoNU9ML2g5ZmNqUnNkQT09>



## Town Hall

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.



## LGBTQIA+ Group

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



## Food with Friends

Join Mingo for a fun, nutritional offering centered around fellowship and creating community by breaking bread together.





**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**



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)



### **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.