

MARCH 2025 CLASS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub 2pm Get Your Game On	4 9am Morning Meditation 10am Overcoming with Ashley 11:30am Beyond Sober 1pm Digital Hub 1pm African Dance 3pm SMART Recovery	5 9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 10am Purple Ribbon Club 11:30am Open Mind "The Secret" 11:30am SMART Recovery 1pm Digital Hub 2pm Get Your Game On	6 9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am How Big is Your But? 1pm Digital Hub	7 HUB OPENS 10AM 10am Morning Meditation 10:15 Keep Your Power 11:30am Town Hall 1pm SMART Recovery 1pm Digital Hub
10 9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Peer Leader Council(members only) 1pm Digital Hub 2pm Get Your Game On	11 9am Morning Meditation 10am Rising Through Rhyme 11:30am Beyond Sober 1pm Seeking Safety 1pm Digital Hub 3pm SMART Recovery	12 9am Morning Meditation 9:30am Tai Chi 10am Building and Maintaining Good Credit 10am Purple Ribbon Club 11:30am Open Mind "The Secret" 11:30am SMART Recovery 1pm Digital Hub 2pm Recovery Bingo!	13 9am Morning Meditation 10am Recovery 101 11:30am Emotional Autopsy 1pm Artists Way 1pm Food With Friends 2pm Digital Hub: Creating Career Goals	14 HUB OPENS 10AM 10am Morning Meditation 10:15 Keep Your Power 11:30am Movement for Healing 1pm SMART Recovery 1pm Digital Hub
17 9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub 2pm Get Your Game On	18 9am Morning Meditation 10am Overcoming with Ashley 11:30am Beyond Sober 1pm Digital Hub 1pm African Dance 3pm SMART Recovery	19 9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 10am Purple Ribbon Club 11:30am Open Mind "The Secret" 11:30am SMART Recovery 1pm Digital Hub 2pm Get Your Game On	20 9am Morning Meditation 10am Writing for Wellness 11:30am Identity Theft 1pm Artists Way 1pm Digital Hub: Resume Building Pt.1 2pm Recovery Cafe New Member Orientation	21 HUB OPENS 10AM 10am Morning Meditation 10:15 Keep Your Power 11:30am ClayWorks 1pm SMART Recovery 1pm Digital Hub
24 9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Peer Leader Council (members only) 1pm Digital Hub 2pm Get Your Game On	25 9am Morning Meditation 10am Rising Through Rhyme 11:30am Beyond Sober 1pm Seeking Safety 1pm Digital Hub 3pm SMART Recovery	26 9am Morning Meditation 9:30am Tai Chi 10am Recovery 101 10am The Purple Ribbon Club 11:30am Open Mind "The Secret" 11:30am SMART Recovery 1pm Digital Hub 2pm Get Your Game On	27 9am Morning Meditation 10am Women's Group 10am Men's Group 10am LGBTQIA+ Group 11:30am How to Get What You Want (without going to jail) 1pm Artists way 1pm Food with Friends 2pm Digital Hub: Resume Building Pt.2	28 HUB OPENS 10AM 10am Morning Meditation 10:15 Keep Your Power 11:30am Movement for Healing 1pm SMART Recovery 1pm Digital Hub 6pm Come Together Open Mic (virtual)
31 9am Morning Meditation 9:30am Tai Chi 10am Another Way 11:30am Positive Self Esteem 1pm Digital Hub 2pm Get Your Game On				

PromiseResourceNetwork.org



PRN

Promise
Resource
Network

The Hub
1401 East 7th St
Charlotte, NC 28204



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

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.



Peer Employment Team Series

This month during our digital hub, our peer employment team will be hosting workshops around creating career goals, building your resume, and other job readiness activities!



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.



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

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