

October 2020

Virtual Schedule **Facebook:** [PromiseResourceNetwork](https://www.facebook.com/PromiseResourceNetwork) **Zoom** links are in the class descriptions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10am Yoga: Gentle Chair 1pm Seeking Safety 2:30pm Writing for Wellness 7pm Living from the Inside	2 10am Keep your Power 11:30 Just for Today 1pm Life in Balance 2:30pm Coming Together	3
5 10am Body Mind & Spirit 1pm Recovery 101 2:30pm Mindful Living with Casey Jean 6pm Wellness Chronicles	6 10am Recovery Education 1pm WRAP it Up 5pm Meals with Manda 6pm Expansion with Jane 6:30pm Shae Movement*	7 10am Let's Get Creative with Jane Ritz 11am Town Hall 1pm 2020 Diaries 6pm Through the Eyes of Others	8 10am Yoga: Gentle Chair 1pm Seeking Safety 2:30pm Navigating Grief 2:30pm Writing for Wellness 7pm Living from the Inside	9 10am Keep Your Power 11:30 Just for Today 1pm Life in Balance 2:30pm Coming Together 6pm Guerilla Poets Workshop*	10 10am Get Moving 11am Cedric Presents 10-11:30am Drums4Life* 2:30pm Support Group
12 10am Body Mind & Spirit 1pm Recovery 101 2:30pm Mindful Living with Casey Jean 5pm New Norm \$ Matters 6pm Wellness Chronicles	13 10am Recovery Education 1pm WRAP it Up 5pm Meals with Manda 6pm Expansion with Jane 7pm Eaves Drop	14 10am Let's Get Creative with Jane Ritz 11am Town Hall 1pm 2020 Diaries 6pm Through the Eyes of Others	15 10am Gentle Chair Yoga 1pm Seeking Safety 2:30pm Navigating Grief 2:30pm Writing for Wellness 6pm Think and Paint* 7pm Living from the Inside	16 10am Keep your Power 11:30 Just for Today 1pm Life in Balance 2:30pm Coming Together 6pm Recovery Shout Out	17
19 10am Body Mind & Spirit 1pm Recovery 101 2:30pm Navigating Grief 6pm Wellness Chronicles	20 10am Recovery Education 1pm WRAP it Up 5pm Meals with Manda 6pm Expansion with Jane	21 10am Let's Get Creative 11am Town Hall 1pm 2020 Diaries 6pm Through the Eyes of Others 7:00pm Shae Movement*	22 10am Yoga: Gentle Chair 1pm Seeking Safety 2:30pm Writing for Wellness 7pm Living from the Inside	23 10am Keep your Power 11:30 Just for Today 1pm Life in Balance 2:30pm Coming Together 6pm Guerilla Poets Open Mic* 7pm 12 SR Yoga	 <p>women's impact fund GRANT RECIPIENT</p> <p>Virtual Classes are funded, in part, by a grant from Women's Impact Fund.</p>
26 10am Body Mind & Spirit 1pm Recovery 101 2:30pm Mindful Living with Casey Jean 5pm New Norm \$ Matters 6pm Wellness Chronicles	27 10am Recovery Education 1pm WRAP it Up 5pm Meals with Manda 6pm Expansion with Jane 7pm Eaves Drop	28 10am Let's Get Creative with Jane Ritz 11am Town Hall 1pm 2020 Diaries 6pm Through the Eyes of Others	29 10am Yoga: Gentle Chair 12-1:30pm Clayworks 1pm Seeking Safety 2:30pm Writing for Wellness 7pm Living from the Inside	30 10am Keep your Power 11:30 Just for Today 1pm Life in Balance 2:30pm Coming Together	 <p>ASC Culture For All.</p> <p>*These events are made possible with funding from ASC</p>

Promise Resource Network is a grassroots non-profit agency, established in 2006 to ignite social change, inspire hope and serve as a catalyst for personal greatness.

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 (Substance Abuse and Mental Health Services Administration)

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) 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.



Culture For All.

Classes are made possible, in part, by generous grants from:

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



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



Body, Mind & Spirit
Mondays at 10am 

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



Cedric Presents
Saturday, October 10th at 11am 

Cedric Coit will highlight how music can play an important role in the wellness process and will provide an opportunity for individuals to display musical gifts and explore music together.



Clayworks Clay Curious Workshop
Thursday, October 29th 12-1:30pm 

This is a hands-on, clay project making workshop via Zoom. Each registered participant will be able to pick up a kit with clay and tools to create a one of a kind clay project.

Register by Thursday, October 22nd at <http://bit.ly/clay1022>



Coming Together
Fridays at 2:30pm 

Join this support group to learn about wellness strategies that help people develop resilience after experiencing trauma.

Meeting Link: <http://ow.ly/sUKG50B7jrc>

Meeting ID: 840 2047 1820 Password: 1041haw



Drums4Life*
Saturday, October 10th from 10am to 11:30am 

D4L artists will lead all ages and skill levels in an array of rhythms, songs, and cultural lessons, and demonstrate how to turn ordinary items into rhythmic percussion instruments.

Meeting Link: <http://ow.ly/E5Xl50B7jsN>

Meeting ID: 835 9932 0484 Password: 098131



Eaves Drop
Tuesday, October 13th and 27th at 7pm 

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 Chair Yoga with Casey Jean
Thursdays 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.



Get Moving
Saturday, October 10th at 10am 

This class helps people make healthier and better-informed decisions regarding local foods, food safety, gardening and more.



Guerilla Poets* End the Stigma Poetry Workshop
Friday October 9th at 6pm 

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.

Meeting Link: <https://bit.ly/35N9CaP>

Meeting ID: 852 8512 0950 Passcode: 642362



Guerilla Poets* Coming Together Open Mic
Friday, October 23th at 6pm 

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

Meeting Link: <https://bit.ly/3iJFbWX>

Meeting ID: 884 2811 3981 Passcode: 609669



Just for Today
Fridays at 11:30am 

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

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 Ritz Wednesdays at 10am

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



Life in Balance Fridays at 1pm

This class focuses on cultivating skills to create healthy boundaries for intimate, family and friend relationships and explores the effects of substance use and trauma on relationships.



Living From The Inside Thursdays at 7pm

This "Unclass" focuses on finding comfort and community in your own home during a time when you may feel confined within that space. Happiness really does come from within (your home).



Meals with Manda Tuesdays at at 5pm

Join Manda as she shares journey with the Physical and Financial Dimensions of Wellness by creating healthy meals on a budget.



Mindful Living with Casey Monday, October 5th, 12th and 26th at 2:30pm

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!



Navigating Grief with Casey Thursday, October 8th, 15th and Mon Oct 19th 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.



New Norm Money Matters Monday, October 12th and 26th at 5pm

This class provides basic knowledge and skills to strengthen financial literacy and is designed specifically for people with mental health conditions and/or substance use issues.



Recovery Education Tuesdays at 10am

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



Recovery 101 Mondays at 1pm

Each class highlights a different recovery related theme and will help participants learn more about recovery and what it means to them individually.



Recovery Shout Out Friday, October 16th at 6pm

Join us for a fun hour of conversation, check-ins and reports of wellness from the PRN COMMUNIITY!



Shae Movement*

West African Dance incorporates movements from everyday life and is a means of encouraging abundance, celebrating life, and healing the soul and body. No experience required.

Tuesday, Oct 6, 2020 06:30 PM Eastern

Meeting Link: <http://bit.ly/shae6>
Meeting ID: 812 7151 2723 Passcode: 100620

Wednesday, October 21st at 7pm

Meeting Link: <http://bit.ly/shae21>
Meeting ID: 848 1326 7547 Passcode: 102120



Seeking Safety Thursdays at 1pm

This nationally recognized curriculum was created for people experiencing PTSD/Post Traumatic Stress Disorder and substance use. Seeking Safety is open to everyone, and provides 10-hours towards a Certified Peer Support Specialist Certification.



Support Group Saturday, October 10th at 2:30pm

Join us for a Support Group, where you will find people with common experiences and concerns who provide emotional and moral support for one another.

Meeting Link: <http://ow.ly/DuBf50B7jPd>

Meeting ID: 840 2047 1820 Password: 1041haw



Think and Paint* Thursday, October 15 at 2pm

A fun interactive Paint Party that will expand your creativity. No experience needed to participate. Materials and easy instruction will be provided. Register by October 8th at <https://paintandcreatesession3.eventbrite.com/>



Through the Eyes of Others Wednesdays at 6pm

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



Town Hall Wednesdays at 11am

A community meeting for sharing success stories and addressing community concerns.



The Wellness Chronicles Mondays at 6pm

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



2020 Diaries Wednesdays at 1pm

This series will take a look at how we have adapted to the "New Normal" and how our wellness has been shaped as a result.



WRAP it Up Tuesdays at 1pm

Join us for a weekly discussion about the advantages of using a Wellness Recovery Action Plan as a wellness/recovery support. Each week Sam Cowden and Sharon Galusky will host these conversations about the nuances of building and using solid WRAP's.



Writing for Wellness Thursdays at 7pm

Join us to learn about navigating emotions through creative writing.

Meeting Link: <http://ow.ly/kwUj50B7t8n>

Meeting ID: 837 3652 4875 Password: 340175



Yoga: Y12SR Meeting Friday, October 23rd at 7pm

These meetings are open, inclusive groups modeled on the structure of 12-step meetings, Y12SR meetings include a group sharing circle and an intentional, themed yoga class. they are open to all individuals who are working to overcome all manifestations of addiction.

95 MONTHLY OPPORTUNITIES

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.

24/7 WARM LINE

In response to COVID, PRN started a 24/7 Warm-Line to support people through emotional distress, minimize isolation, provide information and resources. Call us anytime at 833.390.7728



CLAY CURIOUS?

Thursday, October 29th

12pm to 1:30pm on Zoom 

Register by Thursday, October 22, 2020 at <http://bit.ly/clay1022>

You will receive an email with details and the zoom link for the workshop after you register.



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 Zoom 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.

Kit Pickup October 26th and 28th

9am to 3:30pm

PRN New Location:

2224 The Plaza, Charlotte NC 28205

704.390.7709



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.



Living From The Inside

Thursdays at 7pm

Facebook Live PromiseResourceNetwork

This “Unclass” focuses on finding comfort and community in your own home during a time when you may feel confined within that space. Happiness really does come from within (your home).



704.390.7709 promiseresourcenetwork.com



SHAE Movement African Arts is a cultural entity dedicated to "Sharing the Heart of African Energy through MOVEMENT" to the Charlotte community and abroad. We strive to be a reflection of positivity and are able to foster an environment where we bring the best out of each person with whom we come in contact. By encouraging movement in all that we do, we hope to promote healthy living practices through "Cardio and Culture."



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West African Dance Workshop

Tuesday, October 6th at 6:30pm EST

Meeting Link: <http://bit.ly/shae6>

Meeting ID: 848 1326 7547

Passcode: 102120

Tuesday, October 21st at 7pm EST

Meeting Link: <http://bit.ly/shae21>

Meeting ID: 861 5863 2959

Passcode: 092220

This West African Dance workshop incorporates movements from everyday life and is a means of encouraging abundance, celebrating life, and healing the soul and body. No experience required.



PRN Promise Resource Network

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**UPLIFT.
INSPIRE.
INFORM.**

End the Stigma Poetry Workshop

Friday, October 9th at 6pm EST

Zoom Link: <https://bit.ly/35N9CaP>

Meeting ID: 852 8512 0950 Password: 642362

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CEDRIC PRESENTS

Saturday, October 10th @11:00am

Facebook Live PromiseResourceNetwork



Cedric Coit and The Abraham Staten Experience will highlight how music can play an important role in the wellness process and will provide an opportunity for individuals to share their musical gifts as we explore music together.



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New Norm Money Matters

Monday, October 12th at 5pm

Monday, October 26th at 5pm

Facebook Live PromiseResourceNetwork

This class provides basic knowledge and skills to strengthen financial literacy and is designed specifically for people with mental health conditions and/or substance use issues and addresses special learning needs and common life experiences.



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THINK-N-PAINT



**Thursday, October 15th
6:00pm EST**

**Register by Thursday, October 8th at
<https://paintandcreatesession3.eventbrite.com/>**

All materials for session will be provided after you register. The kit will include a pre-drawn canvas, paint and paint brushes.

The Zoom link when be provided in the kit and also emailed to you prior to event.

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



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