### September 2023 Class Calendar

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>HUB Closed</td>
<td>5</td>
<td>10am The Aruba Effect 11:30am Handmade &amp; Healing 10am Color Me Affirmed 11:30am Body Mind Spirit</td>
<td>12am Midnight Meditation 10am Women’s Group 10am Men’s Group 10am LGBTQIA+ Group 10am Expansions with Jane 11:30am My Music My Recovery</td>
<td>10:15am Keep Your Power 11:30am Rhythm of Wellness</td>
<td>6pm End the Stigma</td>
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<td>4</td>
<td>6</td>
<td>10am The Aruba Effect 11:30am Handmade &amp; Healing 10am Color Me Affirmed 11:30am The 5th Agreement</td>
<td>12am Midnight Meditation 10am Sharon’s Topic 10am Expansions with Jane 11:30am Recovery 101 7pm Writing for Wellness</td>
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<td>11</td>
<td>12</td>
<td>10am Inside Out 11:30am Positive Self-Esteem 1pm Workit</td>
<td>10am The Aruba Effect 11:30am Move a Muscle 10am Color Me Affirmed 11:30am Body Mind Spirit</td>
<td>10am Inside Out 11:30am Positive Self-Esteem 11:30am Recovery 101</td>
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<td>18</td>
<td>19</td>
<td>10am Inside Out 11:30am Positive Self-Esteem 11:30am Poetry with a Purpose 11:30am Body Mind Spirit</td>
<td>10am Take a Risk 11:30am The 5th Agreement</td>
<td>10am Inside Out 11:30am Inspirational Images 11:30am Body Mind Spirit</td>
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<td>25</td>
<td>26</td>
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<td>29</td>
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<td>6pm Open Mic</td>
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**View class descriptions here:**
[PromiseResourceNetwork.org/events](http://PromiseResourceNetwork.org/events)

[704-390-7709](tel:704-390-7709)
**Class Descriptions**

**Guerilla Poets: End the Stigma Poetry Workshop**
Friday, August 11th, 6pm
Guerilla Poet provide art, music, and writing lessons in their creative workshops that are empowering, healing, and educational.

https://us02web.zoom.us/j/79806551942?pwd=NFJSa2kxdEZnN3NzI84K1ZTZJ3Fdz09

**Beyond Sober**
Tuesdays at 11:30am
Jes & Leslie will be holding several different workshops at this time including: movement classes, craft making, journaling and poetry, and more!

**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.

**Color me Affirmed**
Wednesday at 10am 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.

**Body Mind Spirit**
Tuesdays at 11:30 Virtual
This class explores different topics, from discovering your authentic self, to bringing balance and mindfulness in your life. **Virtual only for the classes in August**

**Expansion with Jane Ritz**
Thursdays at 10am Online
This class explores the Spiritual Dimension of wellness, with a focus on the facets of acceptance, sensuality, love, pleasure, play, peace and altruism. **Virtual only for the classes in August**

**Positive Self-esteem**
Mondays at 11:30 Virtual
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**
2nd & 4th Thursdays at 10am Onsite
A time for women to come together and support each other, learn from each other, and grow together as individuals and as a group.

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**Follow us on Facebook:**
PromiseResourceNetwork
Join Courtney and Sharon to talk about emotions and how to regulate, manage, and live with them. Learn how to navigate emotions whether positive or negative.

**Inside Out**
Mondays at 10am On-Site
Join Courtney and 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 Chih with Pia**
Will Not Occur This Month
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. Will Not Occur This Month

**My Music My Recovery**
2nd and 4th Thursdays at 11:30am On-Site
Join Cedric in exploring the power of music in life and in recovery.

**Writing for Wellness**
1st and 3rd Thursdays at 7pm
Join us every 1st and 3rd Thursday to learn about navigating emotions through creative writing with Guerilla Poets. [https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNX0FqVW90MjJkbjI0UT09](https://us02web.zoom.us/j/84884676293?pwd=dnhWZGxQeUNX0FqVW90MjJkbjI0UT09)

**The Aruba Effect**
Tuesdays at 10am On-Site
A venture off the beaten path to explore our natural beauty. An overwhelming sense of happiness that comes from being welcomed into an experience that just feels...through poetry.

**The 5th Agreement**
Wednesdays at 11:30am On-site
Join us in reading and discussing the 5th agreement book, a “practical guide to self-mastery” by Don Miguel Ruiz.

**Workit!**
2nd Monday at 1pm
Workit! provides a space for all things work related!

**Women's Group**
2nd & 4th Thursdays at 10am
Time for men to come together and support each other through their recovery journeys.

**Aspects of Recovery**
3rd Thursday at 11:30am On-Site
A walk through the 8 dimensions of wellness.

**Midnight Meditation**
Thursdays at midnight
A midnight offering for 'night owls' looking for peace and connection. This class starts at Midnight the end of Wednesday night beginning of Thursday at 12am.
**Men’s Group**  
2nd & 4th Thursday at 10am  
A time for men to come together and support each other through their recovery journeys.

**Clayworks Clay Curious Workshop**  
Last Friday of month 11:30am On-Site  
This is a hands-on, clay project making workshop.

**Guerilla Poets: Open Mic**  
Last Friday at 6pm  
Open Mic is an opportunity to share your creativity in a public forum.  
https://us02web.zoom.us/j/74348501287pwd=ZDhsUktTeTdoNU9ML2g5ZmNqUnNkQT09

**Rhythm of Wellness**  
Fridays 11:30am Onsite  
A musical themed class. Its creative, experimental, and all-inclusive. Creating an atmosphere of connection and belonging. Using instruments, tempos, vibrations, sounds, popular soundtracks and songs of sorts will connect us to 4 of the 8 Dimensions of Wellness.

**Town Hall**  
3rd Thursday at 10am  
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.

**Take a Risk with Courtney**  
Wednesday 9/20 at 10am Onsite  
Let’s take a dive into having discussions about recovery and reflecting on life experiences past/present.

**Cookies and Conversation**  
Will not occur this month.  
Decorating cookies and having conversations around recovery.

**LGBTQIA+ Group**  
2nd & 4th Thursday at 10am  
A time to come together and support each other, learn from each other, and grow together as individuals and as a group.
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

**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.