

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  10am Conversations with Janice 11:30am The Rich Academy 1pm Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	2  6:30am Just for Today 10am Keep Your Power 11:30am Taylor's Topic	3
5  <b>CLOSED LABOR DAY</b>	6  10am You can sit with me 11:30am Body Mind Spirit 3:30pm Mindful Living	7  6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level 5:30pm <b>Women's</b> HIV Support Group	8  10am Conversations with Janice 11:30am My Music My Recovery 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	9  6:30am Just for Today 10am Keep Your Power 11:30am Taylor's Topic	10
12  6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih 1pm WorkIt!!	13  10am You can sit with me 11:30am Body Mind Spirit 6:30pm Adventures In Recovery	14  6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	15  10am Conversations with Janice 11:30am The Rich Academy 1pm Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	16  6:30am Just for Today 10am Keep Your Power 11:30am Taylor's Topic	17
19  6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih	20  10am You can sit with me 11:30am Body Mind Spirit 3:30pm Mindful Living	21  6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level 5:30pm <b>Women's</b> HIV Support Group	22  10am Conversations with Janice 11:30am My Music My Recovery 3pm Hello Shadow! 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	23  6:30am Just for Today 10am Keep Your Power 11:30am Taylor's Topic 1pm Tea Time	24
26  6:30am Just for Today 10am Recovery 101 11:30am Tai Chi Chih	27  10am You can sit with me 11:30am Body Mind Spirit 6:30pm Adventures in Recovery	28  6:30am Just for Today 10am Color me Affirmed 10am Gentle Yoga 11:30am The 5th Agreement 12:30pm Next Level	29  10am Conversations with Janice 11:30am The Rich Academy 1pm Mind-Body Medicine 3:30pm Navigating Grief 6pm Expansion with Jane Ritz	30  6:30am Just for Today 10am Drums4Life! 11:30am Clayworks	







## *Adventures In Recovery*

2nd and 4th Tuesday at 6:30pm  

Come experience the recovery adventures of reliance.



## *Clayworks Clay Curious Workshop*

Friday, September 30th at 11:30am On-Site

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





## *Drums 4 Life*

Friday, September 30th at 10am 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.



## *Mind Body Spirit*

Tuesdays at 11:30 On-site/  

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*

Thursdays 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 Yoga with Casey Jean*

Wednesdays 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.



## *Navigating Grief Together*

Thursdays at 3:30pm 

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.



## *Next Level Recovery*

Wednesdays at 12:30pm 

<https://us02web.zoom.us/j/79806551942?pwd=NFJSa2kxdEZnN3NzZi84K1ZTZTJFdz09>







## *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.





## *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.



## *Mind-Body Medicine with Dr. Ariel*

Thursday at 11:30am  

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 Tuesday at 3:30pm  

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!



## *Hello Shadow!*

4th Thursday at 3pm  

Do you know your shadow side? Healing includes focusing on our positive traits AND it also includes learning to acknowledge and accept our negative traits. Being able to accept both can lead to a more integrated sense of self and a better balanced view of the world. Come shine some light into the shadows with us!



## *Taylor's Topic*

Fridays at 11:30am On-site

Discussing topics around mental health and substance use recovery.



## *Conversations With Janice*

Thursdays at 10am On-Site

Janice hosts discussions about Wellness and Recovery 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.



## You can sit with me

Tuesdays at 10am On-Site/  

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



## Tai Chi Chih with Pia

Mondays at 11:30am On-Site

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.



## T.H.A.T. Heals

1st and 3rd Tuesday at 6pm  

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.



## 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.



## The 5th Agreement

Thursdays at 10am On-site

Join Toya in reading and discussing the 5th agreement book, a “practical guide to self-mastery” by Don Miguel Ruiz.

## Think N Paint



No experience needed to participate. Materials will be provided.



## Workit!

2nd Monday at 1pm  

Workit! provides a space for all things work related!



## Tea Time with Erin and Sam

Friday the 23rd at 1pm  

Join Erin and Sam for an afternoon Tea (or coffee) break and discuss harm reduction, alternate paths to recovery, and listen to conversation with guest speakers across the state who live, practice, and preach harm reduction in their communities.



## Just Move

1st & 3rd Wednesday at 5:30pm On-Site

Just Move is a Healthy Living Support Group for women who are HIV Positive. This Support group will not be just women sitting around waddling in their diagnosis. We will come together to uplift one another to inspire and be able to accept our diagnosis on a deeper level. We will be about educating the community around HIV.







## 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](http://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](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.

# 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.

