

REACHING ACROSS – May 2023

A peer-run program of the Peer Wellness Collective

Learn more about us at www.peerwellnesscollective.org or contact us at rastaff@acnetmhc.org

Reaching Across groups will be facilitated using Zoom

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 National Physical Fitness Month</p> 	<p>2 Artistic Expression 10:00 – 11:00 Insight & Perspectives Support Grp: <i>Presence</i> 1:00 – 2:30</p>	<p>3 Cultivating Self-Compassion 10:00 – 11:00 W.R.A.P.® 1:00 - 2:00 Spirituality Group 2:30 – 3:30</p>	<p>4 Meditation Older Adults theme 10:00 – 11:00 Olive Hyde Museum 2:30 – 3:30</p>	<p>5 National Older Adults Month</p> 
8	<p>9 Creative Writing Physical Fitness 10:00 – 11:00 Meditation Physical Fitness theme 1:00 – 2:00</p>	<p>10 The Power of Journaling 10:00 – 11:00 W.R.A.P.® 1:00 - 2:00 The Love of Music 2:30 – 3:30</p>	<p>11 Feelings as Messengers 10:00 – 11:00 Nutrition Group 11:30 – 12:30 Recovery Reflection 2:00 – 3:00</p>	12 Zoom Lunch 12:00 – 1:00
15	<p>16 Artistic Expression 10:00 – 11:00 Insight & Perspectives Support Grp: <i>Serenity</i> 1:00 – 2:30</p>	<p>17 Cultivating Self-Compassion 10:00 – 11:00 W.R.A.P.® 1:00 - 2:00 Spirituality Group 2:30 – 3:30</p>	<p>18 Meditation Older Adults theme 10:00 – 11:00 The Fitness Museum 2:30 – 3:30</p>	19
22	<p>23 Creative Writing Elders 10:00 – 11:00 Meditation Physical Fitness theme 1:00 – 2:00</p>	<p>24 The Power of Journaling 10:00 – 11:00 W.R.A.P.® 1:00 - 2:00 The Love of Music 2:30 – 3:30</p>	<p>25 Feelings as Messengers 10:00 – 11:00 Nutrition Group 11:30 – 12:30 T'ai Chi Chih 2:00 - 3:00</p>	26
29	<p>30 Artistic Expression 10:00 – 11:00 Insight & Perspectives Support Grp: <i>Chatter</i> 1:00 – 2:30</p>	<p>31 Cultivating Self-Compassion 10:00 – 11:00 W.R.A.P.® 1:00 - 2:00 Spirituality Group 2:30 – 3:30</p>		

Our Staff: Program Manager: Natalie Stone Asst Manager: Rev. Barbara Meyers Peer Support Assistant: Gary Figuracion

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Reaching Across believes in the power of peer support! We help each other be all we can and want to be!

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Meeting	Reaching Across Meeting Descriptions	Facilitator	Supplies Needed
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Peer Support Meetings

Insight & Perspectives Support Group	Description: Peer-support group with a time to both explore personal psychological challenges. For some groups there is also time to focus on an issue.	Barbara	
Cultivating Self-Compassion	Description: Group that focuses on healthy relationship with yourself.	Natalie	Writing paper, and pencil or pen to write with.
Recovery Reflection	Description: Watching Recovery videos and discussing how the lessons learned apply to ourselves	Barbara / Gary	
Feelings as Messengers	Description: Examining the role that feelings play in our lives: they are tools we can use to promote emotional wellness	Natalie	
W.R.A.P.®	Wellness Recovery Action Plan® - a simple and powerful process for creating the life and wellness you want.	Natalie / Markeet'a	

Mindfulness Meetings

Meditation	Description: Various forms of meditation to help in relaxation and reduction of anxiety and stress	Gary	A comfortable place to sit or lie down and listen
Spirituality Group	Description: Focus on the role of spirituality in recovery from mental health difficulties.	Barbara	Bring a favorite prayer or reading to share
T'ai Chi Chih	Recommended Video: T'ai Chi Chih is a non-martial arts form of T'ai Chi. An excellent online video at this link: T'ai Chi Chih	On your own and with Gary	Comfortable clothes

Health & Wellness Meetings

Nutrition Group	Description: Focus on learning healthy eating habits	Gary / Barbara	
Zoom Lunch	Description: A gathering to have lunch together & have fun	Natalie / Barbara	Bring your lunch

Creativity Meetings

Creative Writing and Moods	Description: Using creative writing via responding to writing prompts.	Barbara	Writing paper, and pencil or pen to write with
The Power of Journaling	Description: Journaling is a worldwide wellness tool. Come bringing your thoughts & feelings and write in a safe space.	Natalie	Writing paper, and pencil or pen to write with
The Love of Music	Description: Exploring the emotional power of music – the emotional soundtrack of our lives.	Barbara / Gary	Come with a favorite piece of online music to share with others
Artistic Expression	Description: Exploring different artistic techniques, and sharing creations	Barbara	Paper and pencil
Museum Visits	Description: Online of a museum	Barbara	

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Zoom Links for Reaching Across Groups for May 2023

Date Time	Group Subject Ctrl+Click on Blue Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 2 10:00 – 11:00	Artistic Expression	Barbara	Barbara	827 1070 4602	549868
May 2 1:00 – 2:30	Insight and Perspectives Presence	Barbara	Barbara	858 9252 4766	628190
May 3 10:00 – 11:00	Cultivating Self Compassion	Barbara	Barbara	840 3984 9371	046498
May 3 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 3 2:30 – 3:30	Spirituality	Barbara	Barbara	817 6712 3374	428673
May 4 10:00 – 11:00	Meditation	Gary	Gary	820 6707 5445	130576
May 4 2:00 – 3:00	Museum Tour Olive Hyde	Barbara	Barbara	880 8662 7730	785918
May 9 10:00 – 11:00	Creative Writing and Moods Physical Fitness	Barbara	Barbara	856 1616 7483	100807
May 9 1:00 – 2:00	Meditation	Gary	Gary	882 9120 7053	130576
May 10 10:00 – 11:00	The Power of Journaling	Natalie	Natalie	821 6262 5758	023977
May 10 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 10 2:30 – 3:30	The Love of Music	Barbara	Gary	834 7613 4858	686689
May 11 10:00 – 11:00	Feelings as Messengers	Natalie	Natalie	840 8470 5543	687936
May 11 11:30 – 12:30	Nutrition Group	Barbara	Barbara	820 4354 7048	617047
May 11 2:00 – 3:00	Recovery Reflection	Barbara	Barbara	891 5103 6741	736462

Date Time	Group Subject Zoom Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 12 12:00 – 1:00	Zoom Lunch	Natalie	Barbara	849 9275 1376	581926
May 16 10:00 – 11:00	Artistic Expression	Barbara	Barbara	827 1070 4602	549868
May 16 1:00 – 2:30	Insight and Perspectives Serenity	Barbara	Barbara	858 9252 4766	628190
May 17 10:00 – 11:00	Cultivating Self Compassion	Natalie	Barbara	840 3984 9371	046498
May 17 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 17 2:30 – 3:30	Spirituality	Barbara	Barbara	817 6712 3374	428673
May 18 10:00 – 11:00	Meditation	Gary	Gary	882 9120 7053	130576
May 18 2:00 – 3:00	Museum Tour Fitness Museum	Barbara	Barbara	880 8662 7730	785918
May 23 10:00 – 11:00	Creative Writing and Moods Elders	Barbara	Barbara	856 1616 7483	100807
May 23 1:00 – 2:00	Meditation	Gary	Gary	882 9120 7053	130576
May 24 10:00 – 11:00	The Power of Journaling	Natalie	Natalie	821 6262 5758	023977
May 24 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 24 2:30 – 3:30	The Love of Music	Gary	Barbara	834 7613 4858	686689
May 25 10:00 – 11:00	Feelings as Messengers	Natalie	Natalie	840 8470 5543	687936
May 25 11:30 – 12:30	Nutrition Group	Gary	Gary	820 4354 7048	617047
May 25 2:00 – 3:00	T'ai Chi Chih	Gary	Gary	824 7697 7758	736462

Date Time	Group Subject Zoom Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 30 10:00 – 11:00	<u>Artistic Expression</u>	Barbara	Barbara	827 1070 4602	549868
May 30 1:00 – 2:30	<u>Insight and Perspectives</u> Chatter	Barbara	Barbara	858 9252 4766	628190
May 31 10:00 – 11:00	<u>Cultivating Self Compassion</u>	Natalie	Barbara	840 3984 9371	046498
May 31 1:00 – 2:00	<u>W.R.A.P.®</u>	Natalie	Markeet'a	862 0640 6605	701696
May 31 2:30 - 3:30	<u>Spirituality</u>	Barbara	Barbara	817 6712 3374	428673