

# Sevier Peer Support Academy

509 High Street, Sevierville TN. 37862

## September 2020

Schedule Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>2PM: Recovery education: What is schizophrenia? conference group.</b>	<b>9:30 AM: Grief support conference group</b>	<b>2 PM: Anxiety and depression support conference group ZOOM</b>	<b>12:00 Show and tell ZOOM</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Closed Labor Day</b>	<b>2PM: Recovery education: The limbic system conference group.</b>	<b>9:30 AM: Grief support conference group</b>	<b>2 PM: Anxiety and depression support conference group. ZOOM</b>	<b>Staff training</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>2PM: General support conference group. 3pm: Community service project conference group.</b>	<b>2PM: Recovery education: How does what I eat affect my mood? conference group.</b>	<b>9:30 AM: Grief support conference group</b>	<b>2 PM: Anxiety and depression support conference group. ZOOM</b>	<b>12:00 BINGO ZOOM</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>2PM: General support conference group. 3:00PM: Membership Meeting</b>	<b>2PM: Recovery education: medications conference group.</b>	<b>9:30 AM: Grief support conference group</b>	<b>2 PM: Anxiety and depression support conference group. ZOOM</b>	<b>12:00 Stretches and easy exercise ZOOM</b>
<b>28</b>	<b>29</b>	<b>30</b>		
<b>2PM: General support conference group. 3pm: Community service project conference group.</b>	<b>2:PM: Recovery Education: Mental health Q and A Conference group</b>			

To access conference call groups:

Please call 865-774-7559 for info on how to call in

Please ensure the privacy of other members when conference calling.

Please refrain from using speaker phone if you live with others.

Conference calls are subject to the same privacy and confidentiality as in person groups.

Please remember to arrange supervision for your children during conference calls.

There is no cost to participate in the Peer Support Academy

### How do I Participate?

- Be 18 years of age or older.
- Be in recovery from a mental health diagnosis or substance abuse.
- Agree to abide by guidelines and confidentiality agreements.
- Call the center to reserve your spot for each day you wish to attend.
- You must speak with a program counselor and complete registration form to be a member

### Things to Remember

- ★ Schedule is subject to change.
- ★ All participation is voluntary.

Contact the Peer Support Academy staff if you are interested in joining our exciting group!

865-774-7559



NO-COST SERVICES made available through a grant from the



Department of  
**Mental Health &  
Substance Abuse Services**