

Knox Peer Support Academy *Phone/Video Group Schedule*

August 2021

Schedule subject to change;Call for handouts; allow 1 week for mailings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> How to Have Difficult Conversations, Pt 4	3 <u>11:00 AM- 12:00 Noon</u> WRAP: Making and Keeping Friends, Part 2	4 <u>11:00 AM- 12:00 Noon</u> Affirmations Group	5 <u>11:00 AM- 12:00 Noon</u> The Four Agreements, <i>Introduction</i>	6 <u>10:30 AM- 11:45 AM</u> Ways to Save Money <u>2 PM</u> : Walk/Meet up (pg. 2) ☆
9 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> Good Grief Support Group	10 <u>11:00 AM- 12:15 PM</u> Member Input Meeting & BINGO	11 <u>10:00- 11:00 AM (different time)</u> Affirmations Group <u>11:30 AM- 1:00 PM</u> TDMHSAS Planning & Policy Council	12 <u>11:00 AM- 12:00 Noon</u> The Four Agreements, <i>Part 1 of 8</i>	13 <u>10:30 AM- 11:45 AM</u> Inflammatory Foods <u>2 PM</u> : Walk/Meet up (pg. 2) ☆
16 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00 – 4:00 PM</u> How to Have Difficult Conversations, Pt 5	17 <u>11:00 AM- 12:00 Noon</u> WRAP: Making and Keeping Friends, Part 3	18 <u>11:00 AM- 12:00 Noon</u> Peer Power Social Hour	19 <u>11:00 AM- 12:00 Noon</u> The Four Agreements, <i>Part 2 of 8</i>	20 <u>10:30 AM- 11:45 AM</u> The Art of Distraction <u>2 PM</u> : Walk/Meet up (pg. 2) ☆
23 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00- 4:00 PM</u> Good Grief Support Group	24 <u>11:00 AM- 12:00 Noon</u> WRAP Wellness Tools: <i>Support through Words</i>	CLOSED for Staff Meeting/Training	26 <u>11:00 AM- 12:00 Noon</u> The Four Agreements, <i>Part 3 of 8</i>	27 <u>10:30 AM- 11:45 AM</u> Your Learning Style <u>2 PM</u> : Walk/Meet up (pg. 2) ☆
30 <u>11:00 AM- 12:15 PM</u> Check-in Group <u>3:00 – 4:00 PM</u> How to Have Difficult Conversations, Pt 6	31 <u>11:00 AM- 12:00 Noon</u> WRAP Wellness Tools: <i>Support through Music</i>	Sept. 1 Recovery Month <u>11:00 AM- 12:00 Noon</u> Affirmations Group	Sept. 2 <u>11:00 AM- 12:00 Noon</u> The Four Agreements <i>Part 4 of 8</i>	Sept. 3 <u>10:30 AM- 11:45 AM</u> Make A Talking Stick <i>Sign up by Aug. 16 or get list</i> <u>2 PM</u> : Walk/Meet up (pg. 2) ☆

CALL (865) 374-7148 FOR MORE INFORMATION.

All services provided at no cost through a grant from the



HOW TO PARTICIPATE

Peninsula Peer Support Academy groups and classes currently meet by Zoom which allows participants to join by phone or online.

BY PHONE: Dial (213) 338-8477. This may be a long-distance number for landlines. Be aware that if you use a cellphone, joining could count against your phone and/or data minutes unless you have unlimited data and you will not be able to see other participants. If you can, join with an online computer at www.zoom.us or with your tablet or phone with the Zoom app. Meeting ID and passcode are shown below.

BY COMPUTER, TABLET OR SMARTPHONE: Open the Zoom app* on your computer or smartphone a few minutes before start time (or you can go to the Zoom website <https://www.zoom.us>); log into Zoom using your email address and the password you set up. You will then see a page that shows your account.) Click on the blue letters that say, "Join a meeting." Enter the meeting ID shown below. You should be connected. You might remain in a "waiting room" until the host puts you in the meeting. Be patient.

***How to set up Zoom for internet-connected computer with webcam** Open your internet browser and go to <https://www.zoom.us>. If you do not yet have a zoom account, it is free. Click on the orange tab that says "sign up free." It may ask you to verify your birthdate. Zoom will send you an email to confirm your email address. Log into your email; look for the email from Zoom; open it and click on "activate my account." It will ask if you are using Zoom for school; click "no." Set up your password (*something you can remember*). On next page see "Don't Zoom alone." Click the box that says "skip this step."

***How to set up Zoom App for tablet/smartphone** Go to the Apple Store or Google Play Store. Search for and download the Zoom Cloud Meetings app.

Zoom Meeting ID is 972 922 33 747; then enter passcode 7148; log in or call a few minutes before meeting start time, if possible.

In-person Meet-up for Group Walks & Socializing*

Meet up in person to socialize or walk Fridays at 2 PM. No transportation provided. Please bring your mask. Refreshments and water provided.
AUG. 6- University of Tennessee Gardens ↔ AUG. 13- World's Fair Park ↔ AUG. 20- Market Square ↔ AUG. 27- Lakeshore Park.
All locations are on the KAT bus or trolley line. We will not meet at any alternate indoor location in August.

***Call by 9 AM Friday** so staff can notify you of address, directions and meeting places (or of cancellation due to weather).

WE ALSO OFFER INDIVIDUAL PEER SUPPORT BY PHONE UPON REQUEST. CALL THE NUMBER SHOWN BELOW.

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