

# Knox Peer Support Academy

## September 2021 Important Notes to Read

- If you are not a regular Zoom group participant and would like to receive handouts, call to let us know; allow 1 (one) week for mailings and two business days for emails.
- Individual peer support is available by phone upon request.

### THIS MONTH'S GROUPS

**MONDAY MORNINGS @ 11:00 a.m.- Check-in Group** (no handout) We will ask about community service and physical activities (exercise, walking, chores, yardwork) you have done the past week. Regulars receive forms for tracking your activities, which will be sent to others upon request.

#### **MONDAY AFTERNOONS @ 3 p.m.-**

- **Good Grief Group on Sept. 13** (same handouts for every group)
- **How to Have Difficult Conversations on Sept. 20** (handout on request)

#### **TUESDAYS @ 11:00 a.m.- The Four Agreements** (handouts for every group on request)

- **WRAP: Making and Keeping Friends on Sept. 7 & 14** (same handouts for every group)
- **Recovery Month Speaker: Stanford Johnson on Sept. 23** (no handout) Very inspirational speaker; you will be glad you joined to hear his powerful story.

#### **WEDNESDAYS @ 11:00 a.m.- Affirmations Support Group** (handout, if any, upon request)

#### **THURSDAYS @ 11:00 a.m.- The Four Agreements** by Don Miguel Ruiz (handout on request)

We discuss **four** simple agreements that have the power to eliminate needless suffering from life.

#### **FRIDAYS-**

##### **@ 10:00 a.m.-**

- **Sept. 3- Making Talking Sticks** Materials distributed before the class to those who signed up in advance. Others can watch and learn how to make these personalized ceremonial sticks.
- **Sept. 24- Member Input Meeting and WRAP Coping Skills BINGO** You won't want to miss this BINGO. We have some amazing prizes!! Be sure to ask for BINGO cards by Sept. 16.

##### **@ 10:30 a.m.-**

- **Sept. 10- In Our Own Voice Recovery Story Presenter: Curalina Davis** Learn about NAMI's *In Our Own Voice* method to tell your story while hearing about Curalina's recovery journey. Afterward you may want to take the no-cost course.
- **8 Dimensions of Wellness: Menu & Grocery List Making & Grocery Shopping Virtual Trip** Jill and Sheryl take you to the grocery store and show you how to stretch your food budget and still eat tasty and nutritional meals and snacks for better health. (handouts on request)

← **REMEMBER: Week of September 27 we will be closed** while staff are in training. That week you may:

- ❖ Participate with Blount Peer Support Academy (see calendar attached with instructions on how to participate). Blount will be the only center having programs.
- ❖ Request homework assignments that will be covered the first week in October which is **Mental Illness Awareness Week**. These are optional and will only be sent if requested by Sept. 20<sup>th</sup>.

865-374-7148