

IMPORTANT NOTICE

The **week of Sept. 27- Oct. 1**, Jill will be in BRIDGES Teacher/Facilitator Training and Sheryl will be co-facilitating Certified Peer Recovery Specialist Training. Knox Peer Support Academy members and participants are welcome to join Blount Peer Support Academy Zoom groups that week while KPSA is closed.

Monday, Sept. 27	1:00- 2:00 PM	Meditation & Movement Monday
Tuesday, Sept. 28	3:00- 4:00 PM	Boundaries
Wednesday, Sept. 29	1:00- 2:00 PM	Affirmations
Thursday, Sept. 30	<i>(no groups; one-on-one support only)</i>	
Friday, Oct. 1	2:00- 3:00 PM	Fun Friday

- To participate via Zoom, the meeting ID number is **968 4629 0278** and the passcode is **8210**
- To participate by call-in only the number is **(213) 338-8477** using same meeting ID and passcode.

Individual peer support is available that week by calling Shay (865) 372-8210 or Stan (865) 373-8207.

SCHEDULE CHANGES

Please note that the calendar is now combined for all three Peninsula Peer Support Academy programs on what we expect will be a temporary basis. For Knox, the only changes are that we have suspended two ongoing Monday groups- Having Difficult Conversations and Good Grief Group, group times are longer to accommodate more attendees, and group times on Friday have changed. Jill and/or Sheryl will usually facilitate groups but you may have Shay, Velvet and/or Stan occasionally. Some or all of what you are used to may resume in the future.

For now, we ask for your patience and understanding.

Individual peer support available through Knox Peer Support Academy in October
from Monday, October 4th, on days KPSA is scheduled to be open (see schedule/calendar).

Jill (865) 374-7148 * Sheryl (865) 374-7103.**

IMPORTANT INFO ABOUT COMMUNICATION

- **CALLER ID & CALLBACK NUMBERS** When we call you, your caller ID will show up as (865) 546-0256. If you try to redial this number, you will get a message saying this is an outgoing line and cannot take messages. This number also may appear when a Peninsula Lighthouse provider calls you. Save Jill and Sheryl's numbers so you can respond to the call, if you like, after listening to the message to see who actually called you.
- **RETURN CALLS** Always **allow one (1) business day for returned texts, emails and phone calls**, except when the program is closed for training, staff meeting, or other reasons.
- **CRISIS CALLS** If you are experiencing a mental health emergency, call (800) 273-8255 to be connected to your local mobile crisis line, instead of calling KPSA staff, or call your mental health provider if that is what you have been instructed to do. We are not clinical providers. In a crisis, we want you to get the care you need quickly.
- **UPLIFTING TEXTS** If you want to stop receiving uplifting and motivational texts from KPSA, call (865) 374-7148 or reply to a text sent to you with the word STOP.
- **MAIL** If you want to stop receiving mail from KPSA, call (865) 374-7148 or send an email to both Sheryl (smccorm1@covhlth.com) and Jill (rcordell@covhlth.com) with the phrase STOP THE MAIL.
- **EMAILS** If you want to stop receiving emails from KPSA, call (865) 374-7148 or send an email to both Sheryl and Jill with the words STOP EMAILS.