

Knox Peer Support Academy

Calendar of Activities

August 2019

Call between 5 PM the day before or by 9 AM on days you want to participate at (865) 374-7148

Monday	Tuesday	Wednesday	Thursday	Friday
for Knox County adults with emotional and mental health difficulties Lunch is NOT provided; bring your own lunch. Snacks and drinks are always available. Peninsula Lighthouse 1451 Dowell Springs Rd. Upper Level Entrance Knoxville, TN 37909 Transportation may be available.			1	2
			OUTREACH ONLY <hr/> NO REGULAR MEMBER PROGRAM	CENTER 12 PM Lunch (bring your own lunch) 12:30 PM Meet velvet 1:00 PM Recovery Games
5	6	7	8	9
11:30 AM Mighty Musical Monday @ TN Theatre/ lunch 1 PM Downtown walk/shop 2 PM Choice: park or library *Bring Lunch or \$\$	OUTREACH ONLY <hr/> NO REGULAR MEMBER PROGRAM	CENTER 12 PM Lunch (bring your lunch) 12:30 PM Emotional Intelligence 2 PM Community Svc.	CENTER 11:15 AM Computer Lab or Games 12:15 PM Lunch (bring your own) 1 PM Managing Emotions 2:15 PM Artistic Expressions	11:30 AM Victor Ashe Park Nature Trivia 12:00 PM Lunch (bring your lunch) 12:30 PM Outdoor Games
12	13	14	15	16
CENTER 11 AM Check-in Group 12 PM Lunch (bring your own) 12:30 PM Member Input Mtg #1 1 PM Recovery Games 2:15 PM Moving Easy Program	OUTREACH ONLY <hr/> NO REGULAR MEMBER PROGRAM	11 AM Lunch @ Tyson Park w/ Optional Walk (Bring your lunch) 12 PM Beautify Knox Project 12:30 PM McClung Museum Tour	CENTER 11 AM Artistic Expressions 12:15 PM Lunch (bring your lunch) 1 PM Managing Emotions Support Group	OUTREACH ONLY <hr/> NO REGULAR MEMBER PROGRAM
19	20	21	22	23
OUTING 11:15 AM Clothing Closet , lunch, member meeting. (bring your lunch)	OUTING 11:30 AM Lunch (bring your lunch) 12 PM Talent Show 1:15 PM Bingo Center 6PM Together in recovery	OUTING 10 AM How to Participate in Advocacy Meetings 11 AM Lunch (bring your lunch) 11:30 AM Advocacy Council Mtg. 1:30 PM Lessons Learned	CENTER 11:15 AM Computer Lab or Games or Moving Easy Program 12:15 PM Lunch (Bring your lunch) 1 PM Managing Emotions 2:15 PM Artistic Expressions	OUTREACH ONLY <hr/> NO REGULAR MEMBER PROGRAM
26	27	28	29	30
CENTER 11 AM Artistic Expressions 12:30 PM Lunch Break 2 PM Recovery Games	OUTING 1:30 PM BRIDGES Support Group at Flenniken Landing	CLOSED <hr/> STAFF MEETING/ TRAINING	CENTER 11:15 AM Computer Lab or Games 12:15 PM Lunch (bring your lunch) 1:00 PM Managing Emotions 2:15 PM Artistic Expressions	OUTING 12 PM? Movie / Amvets Bring money if you want to purchase concessions or purchase items.



NO-COST SERVICES made available through a grant from the



WHO CAN PARTICIPATE?

Any adult 18 or older who has had a mental health disorder and who agrees to abide by PSA guidelines may participate but only members may participate on outings. Eligible adults do not have to receive behavioral health services from Peninsula to participate or join. The expectation is that all participants want to explore ways to improve the quality of their lives through social, educational, recreational, community service and/or mutual support activities with welcoming people who care about each other's well-being. All participants are expected to call in after 5 PM the day before or by 9 AM on days they want to attend, whether or not transportation is requested.

TRANSPORTATION? May be available within Knox County to current and newly-joining members.

WHO IS ELIGIBLE TO GO ON OUTINGS? Only members in good standing may go on outings.

HOW CAN AN ELIGIBLE PERSON JOIN? Complete a simple one-page application and meet by phone or in person with a Knox Peer Support Academy staff person by appointment only. The application form can be mailed, picked up in advance, or completed in person.

OTHER IMPORTANT THINGS TO KNOW-

- ALL PARTICIPATION IS VOLUNTARY.
- ALL STAFF HAVE THEIR OWN MENTAL HEALTH RECOVERY JOURNEY THEY ARE WILLING TO SHARE.
- THE PEER SUPPORT ACADEMY IS A SAFE PLACE
- MEMBER INPUT IS USED TO DEVELOP ACTIVITIES OF THE PEER SUPPORT ACADEMY.