



Knox Peer Support Academy Calendar of Activities September 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • For Knox County adults with emotional and mental health difficulties • Lunch is NOT provided. • Snacks and drinks are always available. • Transportation may be available • Peninsula Lighthouse 1451 Dowell Springs Rd. Upper Level Entrance Knoxville, TN 37909 • Schedule subject to change 				
HOLIDAY 2	Center (bring Lunch) 3	Outing (bring Lunch) 4	Center (bring Lunch) 5	OUTING (bring lunch \$) 6
Labor Day No Regular Member Program	11:30 Lunch 12:00 Welcome Bag Project 1:00 Emotional Intelligence	11:30 Lunch @ Harvest Park 12:15 Healthy Me 1:00 Recovery Art (nature rubbings)	11:30 Lunch 12:00 Life Skills 1:00 Trivia Bingo	11:30 Lunch @ vote on restaurant 12:15 Shopping @ Dollar General and Dollar Tree
Center (bring Lunch) 9	OUTING (bring lunch or \$) 10	Center (bring Lunch) 11	Outing (bring Lunch) 12	Center (bring Lunch) 13
12:30 Lunch 1:00 Membership Meeting #1 1:30 Welcome Bag Project 2:30 Recovery Games	Tennessee Valley Fair *deadline to register for championship games*	11:30 Lunch 12:00 Suicide Prevention 1:00 Recovery Art	11:30 Lunch @ Concord Park 12:15 Healthy Me 1:00 Farragut Museum (Timeless Toys)	11:30 Lunch 12:00 Mental Health History 1:00 Emotional Intelligence 2:00 Recovery Games
Center (bring Lunch) 16	Outing (Lunch Provided) 17	Outing 18	Outreach Only 19	Center (Bring lunch) 20
12:30 Lunch 1:00 Recovery Art 2:00 Trivia Bingo	Championship Games *You must have pre-registered prior to the 4 th * 10a-2p Lunch Will Be Provided Wear Athletic Shoes and Cool Clothing.	12:00 (Approx) Dollar Movie Bring \$ for concessions	No Regular Member Program	11:00 Lunch 11:30 Member Meeting 2 12:00 Welcome Bag Project 1:00 Recovery Games
Outing (bring lunch) 23	Outreach only 24	Staff Meeting 25	Outing (bring Lunch) 26	Outreach Only 27
12:30 TBA	No Regular Member Program	No Regular Member Program	11:00 Lunch @ Tyson Park 11:45 Beautify Knox 12:15 Healthy me 1:00 East TN Historical Society (Mtn Dew Exhibit)	No Regular Member Program
Outreach Only 27	 			
No Regular Member Program	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.
- YOU MUST CALL THE MAIN NUMBER 865-374-7148 BETWEEN 5PM and 9AM TO SCHEDULE TRANSPORTATION IF AVAILABLE.
- SCHEDULE IS SUBJECT TO CHANGE.