

# PEER SUPPORT ACADEMY OF BLOUNT COUNTY

## PROGRAM CALENDAR

SUBJECT TO CHANGE WITHOUT NOTICE

January  
2020



All services, including transportation when available, are provided to eligible adults **FREE of CHARGE** through a grant from the



**TN** Department of  
Mental Health &  
Substance Abuse Services

**(865) 373-8207**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Ask about transport	2	No regular program	3	Pickups after 11:30 AM
					5:30 PM-8:40 PM				1:30 PM- 4:30 PM
					*Co-occurring Disorders				Knoxville Museum of Art
									Closed Outreach Groups
6	No regular program	7	Pickups after 11:30 AM	8	Ask about transport	9	No regular program	10	No regular program
		1:30 PM-4:30 PM		5:30 PM-8:40 PM					
		Support Group, Member							
		Input Meeting, Celebrate Bday							
		Closed Outreach Groups			*Co-occurring Disorders				Closed Outreach Grps
13	No regular program	14	Pickups after 11:30 AM	15	Ask about transport	16	No regular program	17	Pickups after 11:00 AM
		1:30 PM-4:30 PM		5:30 PM-8:40 PM					1:00 PM-4:00 PM
		Wii, Adult Coloring, &							Foothills Mall &
		Craft							Library
		Closed Outreach Grps			*Co-occurring Disorders				Closed Outreach Grps
20	No regular program	21	Pickups after 12:00 PM	22	Ask about transport	23	No regular program	24	Pickups after 11:30 AM
		2:00 PM- 4:00 PM		5:30 PM-8:40 PM				★ 1:30 PM- 4:00 PM	
		BRIDGES						Bowling @	
		Class 1/10						Crest Lanes	
		Closed Outreach Grps			*Co-occurring Disorders			Closed Outreach Grps	
27	No regular program	28	Pickups after 12:00 PM	29	Ask about transport	30	No regular program	31	Pickups after 11:30 AM
		2:00 PM-4:00 PM		5:30 PM-8:40 PM				1:30 PM- 4:30 PM	
		BRIDGES						Rec Center &	
		Class 2/10						Library	
		Closed Outreach Grps			*Co-occurring Disorders				

Days with a ★ or \* -please see back page for details

### LOCATIONS:

Highlighted dates



2339 Jones Bend Rd., Louisville, 37777 (Professional Bldg. next door to Peninsula Hospital)

Non-highlighted dates

Program is held in the community at sites listed.

*A Safe Place Mentally,  
Physically and Spiritually*

## PROGRAM CALENDAR DETAILS



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Day	January 2020
21 & 28	<b>SIGN UP IN ADVANCE!</b> Please join us for a Building Recovery of Individual Dreams and Goals through Education and Support (B.R.I.D.G.E.S.) peer support group (Led by Certified BRIDGES Facilitators), A great place to find acceptance and support for those who have or are currently experiencing mental health issues.
24	<b>SIGN UP IN ADVANCE!</b> Please join us for bowling at Crest Lanes. Please wear comfortable tennis shoes! Admission, drinks, and snacks are provided.

### Recurring Program Description



**COD Night** includes the Wed. 7:40 PM **Co-Occurring Disorders (COD) Group** after Celebrate Recovery-Maryville; free dinner at 5:30 PM and Large Group (optional) at 6:30 p.m. Location: First United Methodist Church, 804 Montvale Station Rd. 37803  
Confidential COD group is for adults who have had mental health difficulties with or without a substance use disorder.

### INTERESTED IN BECOMING A MEMBER OR VISITING?

**Who is eligible:** Adults 18 and older who've had a mental health disorder and who agree to abide by PSA guidelines.

**Transportation?** Usually available to members and first time visitors within Blount County. Others may drive in.

**Outings?** Members in good standing may attend outings. Ask about other guidelines, including advance sign up.

### ANY QUESTIONS?

**Call (865) 373-8207**

to get information, request a membership application, or make an appointment to visit.

BPSA monthly calendar online at [www.peninsulabehavioralhealth.org/blountpsa/](http://www.peninsulabehavioralhealth.org/blountpsa/)