

# MAY 2024

Mon-Fri, 9am-3pm



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Facebook</b>  <a href="https://www.facebook.com/safeharborpeersupport">www.facebook.com/safeharborpeersupport</a></p> <p><b>*Instagram</b>  <a href="https://www.instagram.com/safeharborohio">@safeharborohio</a></p>	<p><b>*Lunch available daily at 12:00*</b></p> <p><b>*Don't forget to sign up for social outings!!*</b></p> <p><b>*Open Peer Support Hours Mon-Fri from 1pm-3pm*</b></p>	<p><b>1</b></p> <p>10am Healing the Soul</p> <p>11am Mental Health Trivia -SE</p> <p>1pm Peer Group</p>	<p><b>2</b></p> <p>10am-Noon CAD</p> <p>10am 21 Ways to Feel Good About Yourself</p> <p>11am Fun and Games</p> <p>1pm Healing Through Art</p>	<p><b>3</b></p> <p>10am-Noon Movie Day</p> <p>1pm Guided Meditation</p>
<p><b>6</b></p> <p>10am Be Your Best</p> <p>11am NAMI</p> <p>1pm Love Your Body -SE</p>	<p><b>7</b></p> <p>10am Music</p> <p>11am Physical Motivation</p> <p>1pm Healing Through Art</p>	<p><b>8</b></p> <p>10am Healing the Soul</p> <p>11am Self Control-SE</p> <p>1pm Peer Group</p>	<p><b>9</b></p> <p>10am-Noon CAD</p> <p>10am 21 Ways to Feel Good About Yourself</p> <p>11am Fun and Games</p> <p>1pm Healing Through Art</p>	<p><b>10</b></p> <p><b>Fishing 10am-Noon</b></p> <p>1pm Guided Meditation</p>
<p><b>13</b></p> <p>10am Be Your Best</p> <p>11am NAMI</p> <p>1pm What's Your Mask-SE</p> <p><b>Mental Health</b></p>	<p><b>14</b></p> <p>10am Music</p> <p>11am Physical Motivation</p> <p>1pm Healing Through Art</p> <p><b>Awareness</b></p>	<p><b>15</b></p> <p>10am Healing the Soul</p> <p>11am Mandalas-SE</p> <p>1pm Peer Group</p> <p><b>Week</b></p>	<p><b>16</b></p> <p>10am-Noon CAD</p> <p>10am 21 Ways to Feel Good About Yourself</p> <p>11am Fun and Games</p> <p>1pm Healing Through Art</p>	<p><b>17</b></p> <p>10am-Noon Movie Day</p> <p>1pm Guided Meditation</p> <p><b>**Wear Green for Mental Health Awareness**</b></p>
<p><b>20</b></p> <p>10am Be Your Best</p> <p>11am NAMI</p> <p>1pm Jeopardy -SE</p>	<p><b>21</b></p> <p><b>Fishing 10am-Noon</b></p> <p>1pm Healing Through Art</p>	<p><b>22</b></p> <p>10am Healing the Soul</p> <p>11am What's Your Mask-SE</p> <p>1pm Peer Group</p>	<p><b>23</b></p> <p>10am-Noon CAD</p> <p>10am 21 Ways to Feel Good About Yourself</p> <p>11am Fun and Games</p> <p>1pm Healing Through Art</p>	<p><b>24</b></p> <p><b>CLOSED</b></p> <p><b>STAFF TRAINING</b></p>
<p><b>27</b></p> <p><b>CLOSED HOLIDAY</b></p>	<p><b>28</b></p> <p>10am Music</p> <p>11am NAMI</p> <p>1pm Physical Motivation</p>	<p><b>29</b></p> <p>10am Healing the Soul</p> <p>11am Gratitude Jar-SE</p> <p>1pm Peer Group</p>	<p><b>30</b></p> <p>10am-Noon CAD</p> <p>10am 21 Ways to Feel Good About Yourself</p> <p>11am Fun and Games</p> <p><b>Peer Fest 1pm-3pm at Stockhands Horses for Healing</b></p>	<p><b>31</b></p> <p><b>Picnic 11p-1pm (weather permitting)</b></p> <p>1pm Guided Meditation</p>

**\*\*Starting in May!! Monthly Draw for \$20 gift card...Every peer who participates in 5 groups per month (lunch does not count haha!) will be entered into a drawing for the gift card prize\*\***

### May Group Descriptions

21 Ways to Feel Good about Yourself – New ideas and ways to feel good

Be Your Best – Learning how to be assertive and becoming your best advocate

Build Resilience Through Music - Music engages most of the regions of your brain. Peers listen to music, share favorite songs that connect with happy memories.

CAD Training - Computer aided design.

Coming Out of Your Shell (Picnics Included) - Help peers learn pro-social skills that are put into practice to become more comfortable interacting with people in the community.

Fishing – Just a relaxing time with friends, fish optional

Fun and Games – Play card and board games while socializing with peers

Guided Meditation - A pre-recorded audio soundtrack is played to help guide one's mind through a relaxation process. Time to relax is a vital part of practicing effective self-care.

Healing The Soul – Learning how to cope with trauma in healthy ways.

Healing Through Art - Various projects will be available, as well as exploring consumer hobbies. All suggestions are welcome here. Something as simple as adult coloring can open the floor for many discussions.

Movie Day- Watch a movie chosen by the peers who attend that day

NAMI Support Groups - A National Alliance on Mental Illness (NAMI) representative visits to explore participants' ongoing struggles and offer peer-to- peer guidance. Family members and other natural support people are also welcome to utilize NAMI's programs.

Peer Group – Socialization and weekly check ins

Physical Motivation/Outdoor Activities – Getting outside and having fun

Southeast Peer Groups - Peer Support Specialists from Southeast Healthcare, making projects and tackling various subjects for recovery through peer support. The facilitators are Certified Peer Specialists who bring their own experiences to the table and encourage others. It is important in recovery to have a level of acceptance and to know that you are not alone in your struggles.