


# July GreenTree Learning Community Activities

1st two weeks of July

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11:00 Morning Walk 1:00 <b>Wrap Group</b> 2:00 You Are a Firework 3:00 <b>SMART Recovery</b>	<b>2</b> 11:00 <b>Seeking Safety</b> 12:00 <b>Art for Everybody</b> 2:00 Check In 3:00 Red Line	<b>3</b> 11:00 <b>SMART Recovery</b> 11:45 Health Checks 12:00 <b>Creative Movement Exercise</b> 1:00 Game Day	<b>Happy 4th of July!</b> (Open until 4 p.m.) 	<b>5</b> 11:00 Boundaries 1:00 <b>Everyday Spanish</b> 3:00 End Of Week Meditation
<b>8</b> 12:00 Relationship Bingo 1:00 <b>Wrap Group</b> 2:00 <b>STAFF MEETING</b> 3:00 <b>SMART Recovery</b>	<b>9</b> 11:00 <b>Seeking Safety</b> 12:00 <b>Art for Everybody</b> 2:00 Finding New Ways 3:00 Journal Time	<b>10</b> 11:00 <b>SMART Recovery</b> 11:45 Health Checks 12:00 <b>Creative Movement Exercises</b> 1:00 Better Days	<b>11</b> 11:00 <b>Seeking Safety</b> 2:00 <b>NEURODIVERSITY</b> 3:00 <b>Art for Everybody</b> 6:00 <b>All 2 Su</b>	<b>12</b> 11:00 Boundaries 1:00 <b>Everyday Spanish</b> 3:00 End Of Week Meditation

*GreenTree Peer Center, its Better Life Learning Community, and its Nexus Recovery Support space offer social connection and wellness support. And we are operated by people “who have been there!” We are open Monday through Fridays from 10 a.m. until 6 p.m. There is no cost for participation because we are a community supported organization! GreenTree also offers individual peer support and crisis support, and substance use recovery support. Call **336-429-4086** for more information.*

**EVERY OTHER THURSDAY EVENING OFFERINGS! (Both at 6 p.m.!) >>**

*Smart Recovery or Alternatives to Suicide*

# July GreenTree Learning Community Activities

## 2nd two weeks of July

Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>12:00 NO HOT-HEADS!</p> <p>1:00 <b>Wrap Group</b></p> <p>2:00 The BIPOC Lens</p> <p>3:00 <b>SMART Recovery</b></p>	<p>16 11:00 <b>Seeking Safety</b></p> <p>12:00 <b>Art for Everybody</b></p> <p>1:00 <b>Partners Explains Your Tailored Care Plan!</b></p> <p>3:00 Active Listening</p>	<p>17 10:00 <i>Cafe Time!</i></p> <p>(Most Staff at Local Resource Education Event)</p> <p>12:00 <b>SMART Recovery</b></p> <p>1:00 <b>Creative Movement Exercises</b></p>	<p>18 11:00 <b>Seeking Safety</b></p> <p>2:00 <b>NEURODIVERSITY</b></p> <p>2:00 <b>Partner's Roundtable</b></p> <p>3:00 <b>Art for Everybody</b></p> <p>6:00 <b>SMART Recovery</b></p>	<p>19</p> <p>11:00 Boundaries</p> <p>1:00 <b>Everyday Spanish</b></p> <p>3:00 End Of Week Meditation</p>
<p>22</p> <p>12:00 Self Care Assessment</p> <p>1:00 <b>Wrap Group</b></p> <p>2:00 Self-Awareness</p> <p>3:00 <b>SMART Recovery</b></p>	<p>23</p> <p>11:00 <b>Seeking Safety</b></p> <p>12:00 <b>Art for Everybody</b></p> <p>2:00 <b>Community Meeting</b></p> <p>3:00 Movie Day</p>	<p>24 11:00 <b>SMART Recovery</b></p> <p>11:45 <b>Health Checks</b></p> <p>1:00 <b>Creative Movement Exercises</b></p> <p>2:00 Man's Cave/ Women's Empowerment</p>	<p>25 Opening Late for EVENING ANNIV. CELEBRATION!</p> <p><b>6. p.m.</b></p> <p><b>12<sup>th</sup> Anniversary Dinner!</b></p>	<p>26</p> <p>11:00 Boundaries</p> <p>1:00 <b>Everyday Spanish</b></p> <p>3:00 End Of Week Meditation</p>
<p>29 12:00 Letting It Go</p> <p>1:00 <b>Wrap Group</b></p> <p>2:00 Inquiring about Intrusive Thoughts</p> <p>3:00 <b>SMART Recovery</b></p>	<p>30</p> <p>11:00 <b>Seeking Safety</b></p> <p>12:00 <b>Art for Everybody</b></p> <p>2:00 Thinking For a Change</p> <p>3:00 Resource Roundup</p>	<p>31 11:00 <b>Seeking Safety</b></p> <p>11:45 <b>Health Checks</b></p> <p>1:00 <b>Creative Movement Exercises</b></p> <p>2:00 Better Days</p>		

*GreenTree Peer Center, its Better Life Learning Community, and its Nexus Recovery Support space offer social connection and wellness support. And we are operated by people "who have been there!" We are open Monday through Fridays from 10 a.m. until 6 p.m. There is no cost for participation because we are a community supported organization! GreenTree also offers individual peer support and crisis support, and substance use recovery support. Call 336-429-4086 for more information.*

**EVERY OTHER THURSDAY EVENING OFFERINGS! (Both at 6 p.m.!) > >**

*Smart Recovery or Alternatives to Suicide*

---



## *July Learning Community Topic Descriptions*

**Active Listening:** Listening with the purpose of understanding.

**ART for Everybody:** Hands-on creativity for mindfulness, relaxation, and artistic expression of small projects that will come together as one major project.

**Better Days:** From the *Better Days* peer to peer guide.

**BIPOC Awareness: Black, Indigenuousness, and People of Color:** Let's give space to discuss the dynamics of mental health through the BIPOC lens.

**Chair Movement:** Low impact movements from a seated position.

**Checking In:** Round table sharing of present experiences, including positive growth and areas where support is needed.

**Community Meeting:** This is an opportunity for the community to discuss improvements and changes in the community.

**Creative Chair movement:** Learning new ways to stretch and move our bodies that produces better movement and a more flexible you.

**Boundaries:** Understanding why boundaries are essential to our personal growth.

**End Of Week Meditation:** Meditation that helps to relieve the week's stressors.

**Early Warning Signs:** Learn to recognize when you may be about to have a melt-down (or breakdown!)

**Everyday Spanish:** *By popular request!* Learning basic Spanish that allows everyday communication in the Spanish speaking community.

**Finding New Ways:** This is a guided self-help conversation that helps us develop our own personal self-help strategies.

**Game Day:** Playing games together while socializing with fellow peers. (Bingo, Card Games, Board Games, etc.)

**Health Checks:** Your health is important to us. Let us help by keeping track of your weight and blood pressure.

**Job Interview Skills:** Learning skills that allow you to present yourself well in the interview process.

**Journal Time:** Taking time to breath and write down our thoughts and feelings from journal prompts.

**Man Cave:** Men discuss health and relationship issues.

**Men's Mental Awareness:** Identifying mental health issues that affect men.

**M&M & Skittles Self-Esteem Game:** A deep dive into the ways you love yourself using a sweet treat. What a delicious way to boost your self-esteem.

**Morning Walk:** Join in a morning walk before the temperatures rise.

**Movie Day:** Join us in a relaxing day of movies and popcorn.

**Neurodiversity:** No two minds operate the same, yet every mind matters. Join us to learn about diversity of mental processing and how important it is to understand and accept this diversity.

**No Hot-heads!:** How can heat affect your mental health? And what can you do about it!

**Partners' explains you Tailored Car Plan:** Learn what's new with your medicaid benefits.

**Partners' Roundtable:** Partners Health Management come to dialogue with GreenTree people to hear ideas, concerns about their

mental health services. Your opportunity to advocate!

**Qi-Gong:** A gentle Meditative movement practice to become more peaceful and present.

**Red Line:** Where do you draw your boundary and personal space lines?

**Relationship Bingo:** Locating spaces on the board that identify traits in your relationships and discussing them.

**Resource Round-Up:** Identifying new and existing resources available in the community.

**Seeking Safety: (Nexus)** This group is a Nexus Recovery Community offering and focuses on getting past the impact of past trauma on mental health or substance misuse.

**Self-Care Assessment:** How are you taking care of yourself?

**Self- Awareness:** How well do you know yourself?

**SMART Recovery: (Nexus)** This is an approach to addiction recovery and self-motivation whose success is evident across the country. Join us for this new gathering to learn and grow!

**Thinking for a Change:** What is the relationship between our thought patterns and the health of our minds?

**Weekend Meditation:** Various guided meditations to help you start your weekend peacefully.

**Who am I?:** Recognizing all the factors and characteristics that make me who I am.

**Women's Empowerment:** Women discuss health and relationship issues.

**Wrap Group:** Discussing WRAP based concepts that help individuals manage their path to wellness.

**You are a firework:** Sparkler Dance: Let's move freely and light up the sky.

**“People love their country, not because it is great, but because it is their own.”**  
*(someone's quote)*

