

February's Better Life Learning Community Calendar

February 02- 13, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00 WRAP Group 1:30 Crochet & Connect 3:00 <i>Smart Recovery</i>	3 11:00 Seeking Safety 1:00 Thinking for a Change 3:00 Peer Poetry, & Story-time	4 11:00 Seeking Safety 1:00 Health Checks 2:00 HEARING VOICES	5 11:00 <i>Smart Recovery</i> 12:30 Digital Literacy 1:00 Partners 2:00 NEURODIVERSITY	6 12:00 Boundaries 1:00 Dollar Tree Meals 3:00 <i>Movie day</i>
9 12:00 WRAP Group 1:30 Community Meeting 3:00 <i>Smart Recovery</i>	10 11:00 Seeking Safety 12:00 <i>Talk & Taper + Polish & Purpose</i> 3:00 Dealing with Depression	11 11:00 Seeking Safety 12:30 Health Checks 1:00 Warm Hearts Meal	12 11:00 <i>Smart Recovery</i> 12:30 Understanding Trauma & The Brain 2:00 NEURODIVERSITY 6:00 <i>Smart Recovery</i>	13 12:00 Boundaries 1:00 Finding Your Best Self 3:00 Harmony & Healing

“My recovery must come first so that everything

I love in life does not have to come last.” -Unknown

February's Better Life Learning Community Calendar

February 16 - 27, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">16</p> <p>12:00 WRAP Group</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p style="text-align: right;">17</p> <p>11:00 Seeking Safety</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p style="text-align: right;">18</p> <p>11:00 Seeking Safety</p> <p>12:00 Stretch & Flow</p> <p>1:00 Health Checks</p> <p>2:00 Better Days</p>	<p style="text-align: right;">19</p> <p>11:00 Smart Recovery</p> <p>12:30 When Trust Breaks</p> <p>1:00 Partners</p> <p>2:00 NEURODIVERSITY</p>	<p style="text-align: right;">20</p> <p>12:00 Blue Print to Wellness</p> <p>1:00 Clock That Tea</p> <p>3:00 Game day</p>
<p style="text-align: right;">23</p> <p>12:00 WRAP Group</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p style="text-align: right;">24</p> <p>11:00 Seeking Safety</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p style="text-align: right;">25</p> <p>11:00 Seeking Safety</p> <p>1:00 Health Checks</p> <p>2:00 Everyday Spanish</p>	<p style="text-align: right;">26</p> <p>11:00 Smart Recovery</p> <p>12:30 Understanding Trauma & The Brain</p> <p>2:00 NEURODIVERSITY</p> <p>6:00 Smart Recovery</p>	<p style="text-align: right;">27</p> <p>12:00 Blue Print to Wellness</p> <p>1:00 Bingo</p> <p>3:00 Harmony & Healing</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.

Group Descriptions

Alt2Su: A safe place to speak with others that are also experiencing negative thoughts and experiences.

ART for Wellness: Hands-on creativity for mindfulness, relaxation, and artistic expression of small projects.

Blueprint to Wellness: Steps to get you started on your wellness journey.

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

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

Clock that Tea: Offering a space for support, community connection and a hot cup of tea.

Coping Toolbox Workshop: Identifying and role-playing various coping skills.

Creative Stillness: Creates a safe quiet space for individuals to decompress and create.

Crochet and Connect – A relaxed group where participants enjoy the art of crocheting while engaging in meaningful conversations and building connections.

Curious Minds: A thought provoking group based on low pressure discussions using interesting questions and short videos.

Dollar Tree Meals: Join us as we put together nutritious meals when the funds are low.

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

Harmony & Healing: Connection & community through music and karaoke.

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

Hearing Voices: A non-judgmental circle to talk about voice-hearing and related experiences at your own pace.

Journal Prompts: A quiet, judgment-free space to write from a gentle prompt and slow down. You can write, doodle, or simply reflect—share is optional.

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.

Partners' Roundtable: Partners Health Management come to dialogue with GreenTree people to hear ideas, concerns about their mental health services. Your opportunity to advocate!

Peer Poetry & Storytime: A space for individuals to share their creative side.

Polish & Purpose: Creating a mini spa moment that boosts connection and nailcare.

Pride and Peer – A welcoming space where LGBTQ+ individuals can openly share their feelings and experiences while finding support, understanding, and community connection.

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.

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!

Stretch and Flow: A gentle movement group with seated and standing options that release tension, improve flexibility,

and calm the nervous system.

Talk and Taper: Sign up to receive a personalized experience talking with while getting a haircut Aaron.

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

Understanding Trauma & The Brain - Understand how trauma affects the brain, why behavior sometimes feels “out of our control,” and how recovery tools can help re-regulate and rebuild.

Uplift & Create: A group focused on guided discussions surrounding gratitude, strength, and positive thinking.

When Trust Breaks: Guided discussion through reflective prompts that encourages rebuilding safety after an emotional rupture.

Winter Wellness Planning: Let’s discuss different ways to stay well during the winter months.

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