


April's Peer Wellness Center Calendar April 01- 17, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><i>April Showers bring May flowers. What you nurture this season can become your strength in the next.</i></p>		1	2	3
		<p>11:00 Seeking Safety</p> <p>1:00 Health Checks</p> <p>1:30 Thinking for a Change</p> <p>3:00 Anxiety</p>	<p>11:00 Smart Recovery</p> <p>12:30 Hearing Voices</p> <p>1:00 Partners</p> <p>2:00 NEURODIVERSITY</p>	<p>Closed For Good Friday</p>
6	7	8	9	10
<p>12:00 WRAP Group</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p>11:00 Seeking Safety</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p>11:00 Seeking Safety</p> <p>1:00 Health Checks</p> <p>1:30 Stretch & FLOW</p> <p>3:00 Crochet & Connect</p>	<p>11:00 Smart Recovery</p> <p>12:30 Understanding & The Brain</p> <p>2:00 NEURODIVERSITY</p> <p style="color: red;">Closing @ 4:00 p.m.</p>	<p>12:00 Boundaries</p> <p>1:30 Dollar Tree Meals</p> <p>3:00 Trivia & Treats</p>
13	14	15	16	17
<p>12:00 WRAP Group</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p>11:00 Seeking Safety</p> <p>1:00 - 3:00</p> <p style="text-align: center;">WSSU Students</p>	<p>11:00 Seeking Safety</p> <p>1:00 Health Checks</p> <p>1:30 Finding News</p> <p>3:00 Curious Minds</p>	<p>11:00 Smart Recovery</p> <p>12:30 Digital Literacy</p> <p>1:00 Partners</p> <p>2:00 NEURODIVERSITY</p>	<p>12:00 New Perspectives</p> <p>1:30 Creative Stillness</p> <p>3:00 Clock That Tea</p> <p style="text-align: center;"></p>

April's Peer Wellness Center Calendar

April 20 - 30, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
20 12:00 WRAP Group 1:00 Healthy Choices Meal 3:00 SMART Recovery	21 11:00 Seeking Safety 12:00 Talk & Taper Polish & Purpose 3:00 When Trust Breaks	22 11:00 Seeking Safety 1:00 Health Checks 1:30 Better Days 3:00 Afternoon Affirmations	23 11:00 Smart Recovery 12:30 Understanding Trauma & The Brain 2:00 NEURODIVERSITY 6:00 Smart Recovery	24 12:00 Boundaries 1:30 Harmony & Healing 3:00 Movie Day
27 12:00 WRAP Group 1:00 Thinking for a Change 3:00 SMART Recovery	28 11:00 Seeking Safety 12:00 Sun & Soul 3:00 Art For Wellness	29 11:00 Seeking Safety 1:00 Health Checks 1:30 Everyday Spanish 3:00 Rock N' Kindness	30 11:00 Smart Recovery 12:30 Stretch & Flow 2:00 NEURODIVERSITY	

GreenTree's Peer Wellness Center 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

Afternoon affirmations: Healing group based on self compassion and creative mindfulness activities.

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.

Anxiety: Group based on recovery and the symptoms that are associated with anxiety.

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.

Everyday Spanish: A fun and interactive group designed to help participants learn practical Spanish words and phrases they can use in everyday life.

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.

New Perspectives: A safe and open space where individuals are encouraged to view situations from different perspectives to build understanding, empathy, and self-awareness.

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.

Rock & Kindness: Creative group based on making connections through painting and spreading joy 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.

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.

Sun & soul: Finding your inner sunshine through guided meditation and somatic exercises.

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?

Trivia & Treats: Group based on expanding the mind with prior knowledge questions to win prizes.

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.