

## May's Peer Wellness Center Calendar May 01- 15, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>“Growth takes time. What you’ve been nurturing is beginning to bloom—trust the process.”</i></p> <p><i>- GreenTree Staff</i></p>				<p>1</p> <p><b>Closed For Training</b></p>
<p style="text-align: right;">4</p> <p>12:00 WRAP Group</p> <p>1:00 Thinking For A Change</p> <p>3:00 <b>SMART Recovery</b></p>	<p style="text-align: right;">5</p> <p>11:00 <b>Seeking Safety</b></p> <p>12:00 Man’s Cave</p> <p>12:00 Catch &amp; Connect</p> <p>3:00 Every Day Spanish</p>	<p style="text-align: right;">6</p> <p><b>RESOURCE FAIR</b></p> 	<p style="text-align: right;">7</p> <p>11:00 <b>Smart Recovery</b></p> <p>12:30 Understanding Trauma &amp;The Brain</p> <p>1:00 Partners</p> <p>2:00 <b>NEURODIVERSITY</b></p> <p>6:00 <b>Smart Recovery</b></p>	<p style="text-align: right;">8</p> <p>12:00 Boundaries</p> <p>1:30 Trivia&amp;Treats</p> <p>3:00 Movie Day</p>
<p style="text-align: right;">11</p> <p>12:00 WRAP Group</p> <p>1:00 Finding New Ways</p> <p>3:00 <b>SMART Recovery</b></p>	<p style="text-align: right;">12</p> <p>11:00 <b>Seeking Safety</b></p> <p>12:00 Dollar Tree Meals</p> <p>3:00 Art For Wellness</p>	<p style="text-align: right;">13</p> <p>11:00 <b>Seeking Safety</b></p> <p>1:00 <b>Health Checks</b></p> <p>1:30 Quiet Strength</p> <p>3:00 Digital Literacy</p>	<p style="text-align: right;">14</p> <p>11:00 <b>Smart Recovery</b></p> <p>1:00 Better Days</p> <p>2:00 <b>NEURODIVERSITY</b></p>	<p style="text-align: right;">15</p> <p>12:00Wear Your Calm</p> <p>1:30 Walk N’ Talk</p> <p>3:00 Crochet&amp;Connect</p>

## May's Peer Wellness Center Calendar May 18 - 30, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
18 12:00 WRAP Group 1:00 Anxiety Workshop 3:00 <b>SMART Recovery</b>	19 11:00 <b>Seeking Safety</b> 12:00 Talk N Taper Polish N Purpose 3:00 Hearing Voices	20 11:00 <b>Seeking Safety</b> 1:00 <b>Health Checks</b> 1:30 Now I Can Laugh About It 3:00 Rock N' Kindness	21 11:00 <b>Smart Recovery</b> 12:30 Understanding Trauma&The Brain 1:00 Partners 2:00 NEURODIVERSITY 6:00 <b>Smart Recovery</b>	22 12:00 <b>Boundaries</b> 1:30 Chalk N' Chill 3:00 Game Day
25 <b>Closed For Memorial Day</b>	26 11:00 <b>Seeking Safety</b> 12:00 Women's Empowerment 12:00 Catch & Connect 3:00 Art For Wellness	27 11:00 <b>Seeking Safety</b> 1:00 <b>Health Checks</b> 1:30 Finding Your Best Self 3:00 Curious Minds	28 11:00 <b>Smart Recovery</b> 12:30 Stretch&Flow 2:00 NEURODIVERSITY <b>Closing at 3pm</b>	29 12:00 New Perspectives 1:30 Walk N' Talk 3:00 Harmony&Healing

*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 Workshop:** A supportive space to understand anxiety and learn simple tools to feel more calm, grounded, and in control.

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

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

**Chalk & Chill:** A relaxed, creative group where participants use chalk art to express themselves, unwind, and connect with others in a fun, low-pressure space.

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

**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.

**Now I Can Laugh About It:** A lighthearted group that explores how humor can help us cope, shift perspective, and find healing through shared experiences.

**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.

**Quiet Strength:** A calm, supportive, judgement-free space for healing and self-reflection, focused on building self-worth

and reconnecting with inner strength at your own pace.

**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.

**Walk & Talk:** A supportive group where we walk together, talk openly, and spread kindness by placing painted rocks throughout the community.

**Wear Your Calm:** A calming, creative group where participants make lava bead bracelets and use essential oils to support stress relief, relaxation, and emotional wellness

**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.