October's Peer Wellness Center Calendar
October 01 - 16, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
"As the seasons change, our need for connection stays. There is a place for you here." -GreenTree Team			1 11:00--*Smart Recovery* 1:00-**Partners** 3:00-Curious Minds	2 12:00-Thinking For A Change 1:30-Jeopardy Jam! 3:00- Ted Talk&Reflect
5 12:00-WRAP Group 1:00-Wellness Passports 3:00-*Smart Recovery*	6 11:00-**Seeking Safety** 1:00-***WSSU Students*** 3:30-Mindful Nutrition	7 11:00-**Seeking Safety** 1:00-***HEALTH CHECKS*** 1:30-Mindfulness&Nature 3:00-Art For Wellness	8 11:00-*Smart Recovery* 1:00-Man Cave, Catch&Connect 3:00-Finding New Ways 6:00-*Smart Recovery*	9 12:00-Boundaries 1:30-Stretch&Flow 3:00-Paint&Positivity
12 12:00-WRAP Group 1:00-Crochet&Connect 3:00-*Smart Recovery*	13 11:00-**Seeking Safety** 1:00-New Perspectives 3:30-Walk N Talk	14 11:00-**Seeking Safety** 1:00-***HEALTH CHECKS*** 1:30-Minfulness&Nature 3:00-Creative Stillness	15 11:00--*Smart Recovery* 1:00-**Partners & Posse** 3:00-EveryDay Spanish	16 12:00-Better Days 1:30-Game Day! 3:00-Color Me Calm

October's Peer Wellness Center Calendar
October 19 - 31, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 12:00-WRAP Group 1:00-Mental Health Bingo 3:00-*Smart Recovery*	20 11:00-**Seeking Safety** 1:00-***WSSU Students*** 3:30-Guided Meditation	21 11:00-**Seeking Safety** 1:00- ***HEALTH CHECKS*** 1:30-Mindfulness&Nature 3:00-Art For Wellness	22 11:00--*Smart Recovery* 1:00-Talk&Taper, Polish&Purpose 1:30-Community Cleanup 6:00-*Smart Recovery*	23 12:00-Blueprint To Wellness 1:30-Jeopardy Jam! 3:00- Movie Day
26 12:00-WRAP Group 1:00- ***Community Meeting*** 3:00-*Smart Recovery*	27 11:00-**Seeking Safety** 1:00-***WSSU Students*** 3:30-My Song, My Story	28 11:00-**Seeking Safety** 1:00- ***HEALTH CHECKS*** 1:30-Mindfulness&Nature 3:00-Creative Stillness	29 11:00--*Smart Recovery* 1:00-DOLLAR TREE Meals 3:00-Trivia&Treats ***WRAP Certification***	30 12:00-Boundaries 1:30-Quiet Strength 3:00-Harmony&Healing ***WRAP Certification***
31 12:00-WRAP Group 1:00-Anxiety Workshop 3:00-*Smart Recovery*	**GREENTREE'S NEW HOURS:** **Monday:11am-6pm** **Tue-Fri:10am-6pm**			

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.

Paint&Positivity: Unwind, get creative, and paint in a welcoming space filled with good vibes, conversation, and self-expression.

Color Me Calm: Relax and unwind through coloring sheets, gel pens, and markers in a calm welcoming space.

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.

Find your GLOW: A reminder that everyone carries light within them. Let's see yours shine.

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.

Guided Meditation: A calming group that explores breathing exercises, body scans, mindful movement to support relaxation, emotional wellness,and staying present.

My Song, My Story: A supportive group where participants share meaningful songs and reflect on the memories, emotions, and personal experiences connected to them.