WRAP Classes
Wellness Recovery Action Plan

**Session 1:**
Tuesday 17th (12pm-4:30pm)

**Session 2:**
Wednesday 18th (10am-4:30pm)

**Session 3:**
Tuesday 24th (12pm-4:30pm)

**Session 4:**
Wednesday 25th (10am-4:30pm)
(Lunch Included on Wednesday)

Registration due by Friday May 13th
Call 817-335-5405 for reservations

Key elements include: Wellness Toolbox, Daily Maintenance Plan, Triggers & Action Plan, Crisis & Post-Crisis Plans.

THE WARM LINE
Do you need someone understanding to talk to?
Do you need to hear a warm voice?
Are you in need of support?
*Available: Monday-Fridays 1:00pm -5:00pm*
817-546-7826 or 817-546-7827

The WARM LINE offers free, confidential support for non-crisis related issues and is a safe way to make contact with a warm voice. Our lines are answered and your concerns are heard by proactive Peers in recovery.

PERSONAL GROWTH (PG) THURSDAYS!
Stay active in your own recovery and self-care progress. Participate with us on Thursdays at MHA:

- **Empowerment Class** @ 10am
- **Amigos Lunch** @ 11:30am—Enjoy lunch and meet new friends! Call 817-395-5405 to reserve your place by 5pm every Tuesday.
- **Movers & Shakers Exercise Group** @12:30 Get moving in a structured fun walking group and/or stretch.
- **Relationship Social Skills** @1pm
- **Coloring Time** @2pm

Empowerment Classes in May will focus on the topic: Recovery Skills

May 5 “Motivation!!”
May 12 “Mental Health Matters Luncheon”
May 19 “Focusing/Relaxation”
May 26 “Journaling”

EMPOWERMENT

**May Birthdays**
- Rick Gana 5-1
- Lorina Solis 5-3
- Israel Ramos 5-11
- Jennifer Nunley 5-19
- YaYa Pena 5-28
- Josephine Dean 5-29

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Community Groups
Held off site:

- **DBSA GROUP**
  held @ Baylor All Saints
  Hospital in F Axel room
  1400 8th St.
  Fort Worth, TX
  Call the 24-HR information line at
  817-654-7100

- **NAMI, National Alliance on Mental Illness**
  Contact Sue Adams @ 817-332-6677
  UCC (University Christian Church)
  May 19th 6pm –8:30pm
  “pot-luck meal” included
  located at
  2720 S. University Drive,
  Upstairs

**ACT GROUP**
“Living With Worry & Anxiety”
Everyone worries from time to time. However, for some individuals “Worry is A way of life” Good news you are not powerless over your worry and anxiety

ACT series meets on Tuesdays 10am –11:30am
Confirm registration @ 817-335-5405 or sign up in a MHA class.

Prime Time Peers

**“To Be Announced”**

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Volunteers
The Heart of the Community

Become a MHA Peer Support Volunteer!
Contact
817-335-5405 for application or details!

United Way of Tarrant County
A United Way Agency
Mondays

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>3</td>
<td>ACT Group: “Living with Worry and Anxiety” 10:00am - 11:30am</td>
<td>PG Thursday Events 10:00am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers &amp; Shakers 1pm Mind over Mood 2pm Coloring Time (NEW) 5:30 “Cico De Mayo Karaoke”</td>
<td>DBSA @Baylor All Saints Hospital, 7:30-9:00pm</td>
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<td>11</td>
<td>Volunteer Leaders Meeting 9:30am-11:00am Warm Line Volunteers Only 11am-12:30pm</td>
<td>Mental Health Matters Luncheon</td>
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<td>19</td>
<td>PG Thursday Events 10:00am Empowerment Class 11:30am Amigos Lunch 12:30pm Movers &amp; Shakers 1pm Mind over Mood 2pm Coloring Time (NEW)</td>
<td>NAMI, 6pm @ UCC</td>
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<td>27</td>
<td>DONT’ BE ASHAMED OF YOUR STORY, IT WILL INSPIRE OTHERS.</td>
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All events will take place at Mental Health America of Greater Tarrant County unless otherwise noted. Please read the reverse side for detailed information.

3136 W. 4th Street, Fort Worth, TX 76107 Phone: 817-335-5405 or Fax 817-810-3230