



STRENGTH IN PEERS

PEER SUPPORT GROUPS

Schedule starts
August 11, 2020!

Tuesdays

1:00-2:00pm **STRENGTH THRU RECOVERY, Facilitator: Katie**

This recovery meeting emphasizes coping strategies, self-care, and social support. If you are like some of us and struggle with substance use and/or mental health challenges, then this is the group for you!

3:30-4:30pm **PEER SUPPORT WHOLE HEALTH & RESILIENCY, Facilitator: Betsy**

This group workshop is all about setting your own goals, getting motivated to achieve those goals and reaping the benefits of your actions! We discuss various topics such as stress management, restful sleeping, social support, health and wellness, and more!

5:00-6:00pm **Wellness Recovery Action Plan (WRAP) via Zoom, Facilitator: Chris**

WRAP is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors, 2) increase personal empowerment, 3) improve quality of life, and 4) achieve their own life goals and dreams. Join this meeting from the comfort of your home, on-line through Zoom!

Website: zoom.us/j/85645569677

Meeting ID: 856 4556 9677 Meeting Passcode: WRAP123!

Free, confidential & non-judgmental!

Thursdays

10:30-11:30am **WOMEN'S EMPOWERMENT GROUP, Facilitator: Jenni**

In this women-only group we will explore what it means to be a woman, build our self-esteem, and set healthy boundaries. Topics encourage group discussion, social interaction, and opportunity for learning and personal growth.

3:30-4:30pm **WELLNESS RECOVERY ACTION PLAN (WRAP), Facilitator: Jordan**

WRAP is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviors, 2) increase personal empowerment, 3) improve quality of life, and 4) achieve their own life goals and dreams.

6:00-7:00pm **SMART RECOVERY via Zoom, Facilitators: Veronica & Chris**

SMART Recovery group meetings emphasize: 1) motivation, 2) coping with urges, 3) managing behaviors, and 4) living a balanced life. This is a great group for individuals who struggle with addiction. Join this meeting on-line through Zoom!

Website: zoom.us/j/83588193479

Meeting ID: 835 8819 3479 Passcode: Smart

**In-person Peer Groups take place at Strength In Peers Harrisonburg office:
917 N. Main Street, Harrisonburg, 22802**

Please note, all of our guests and our staff are required to wear masks. We conduct digital temperature checks prior to entering our office. Hand sanitizer is provided and masks are available if you do not have one. Questions? 540-217-0869