



## SPIRIT - PEERS FOR INDEPENDENCE AND RECOVERY

276 Gates Place Grass Valley - [spiritpeerempowermentcenter.org](http://spiritpeerempowermentcenter.org) 530-274-1431

Open Tuesday through Saturday 10:00 am – 3:00 pm

Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>11:00-12:00 Peer Music Group</b>, playing a variety of instruments and styles.</p> <p><b>10:30-11:30 Men’s Group</b> (Support Group) to discuss many things, including mental and physical health.</p> <p><b>12:00-1:00 LGBTQ</b> (Support Group) for individuals exploring sexual identity, mental health challenges and stigma</p>	<p><b>10:30-12:00 Recovery, Goals, and Life Skills</b> 8-week training to help individuals to succeed at the goals they set for themselves including looking at our triggers and our addictions and ways to break the cycle.</p> <p><b>12:30-2:00 Bi-Polar</b> (Support Group) for individuals that are struggling with the ups and downs of their mental health <b>(3<sup>rd</sup> Wednesday</b> of each month Family Members included) –</p>	<p><b>11:00-12:00 Co-Occurring</b> (Support Group) an open and safe support group dealing with addiction issues along with mental health and emotional challenges</p> <p><b>11:00-12:00 “Let’s Rap”</b> Talking amongst ourselves on any topics of interest</p> <p>Could happen other days as well.</p>	<p><b>10:30-11:30 Anxiety &amp; Depression</b> (Support Group)</p> <p><b>11:30-1:00 - Women’s Group</b> (support Group) for women to encourage open and honest discussions and to develop friendship and support</p> <p><b>Tuesday - Saturday</b> Food Pantry Access (1 bag per family) – Please register to be eligible</p>	<p><b>10:30-12:30 Beading for Wellness</b> A group where people come together to support each other on their journey, while reaping the benefits of producing something beautiful with their own hands.</p> <p><b>1:00-2:30 Creative Expressions</b> A group where folks come together with a common vision to create art together.</p>

**Visit our Community Garden** - A year-round activity. Lots to do – Just ask!

An opportunity to get your hands dirty, release stress and focus on moving forward, while helping SPIRIT produce organic vegetables for the participants and the community.



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### **Educational Training Classes – Available Periodically**

**Advanced Peer Support 101** - A 16-week class plus an internship that helps people develop the skills of Peer Support to not only help themselves, but to help others negotiate the ups and downs of mental health challenges that they encounter.

**Recovery, Goals and Life Skills** - An 8-week training will help individuals to succeed at the goals they set for themselves including looking at our triggers and our addictions and ways to break the cycle.

**WRAP (Wellness Recovery Action Plan)** - An 8-week course where you will learn tools to help prevent and decrease intrusive and troubling feelings and behavior. An evidence-based practice developed by Mary Ellen Copeland, which has had tremendous results.

**Yoga WRAP** - An 8-week class focused on Trauma Recovery, Wellness Recovery Action Plan (WRAP) training and Yoga.

Your new wellness plan will include a 10 minute and 30-minute Yoga routine and an array of restorative poses.