



# MARCH 2020 VIRTUAL CLASS CALENDAR

1041 Hawthorne Lane, Charlotte, NC 28205  
 www.promiseresourcenetwork.org (704) 390-7709  
 info@promiseresourcenetwork.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FESTIVE FRIDAY	SATURDAY
<p><b>Due to the risk of COVID-19, PRN's Recovery Hub is temporarily closing from Monday, March 16, 2020 through Sunday, March 29, 2020.</b></p> <p><b>The following Classes are available online. The links can be found under events on Facebook or on the following pages.</b></p> <p>The PRN team will be providing outreach and other supports to our community on a routine, ongoing basis via phone, email, Facebook, messenger, text, and when possible, individually in person.</p> <p>Check our website and Facebook for updated information.</p>					
<p><b>16</b> CLOSED</p> <p>10:00 am Recovery 101</p> <p>1:00 pm Cooking</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>17</b> CLOSED</p> <p>10:00 am WRAP 3</p> <p>1:00 pm Work Works</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>18</b> CLOSED</p> <p>10am Body, Mind, and Spirit</p> <p>1:00 pm In this Together</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>19</b> CLOSED</p> <p>9:00 am Yoga/Meditation</p> <p>1:00 pm Seeking Safety</p> <p>2:30 pm Chat-Support-Connect Support</p>	<p><b>20</b> CLOSED</p> <p>10:00 am Keep Your Power</p> <p>1:00 pm Life in Balance</p> <p>2:30 pm Dual Recovery Anonymous (DRA)</p>	<p><b>21</b> CLOSED</p>
<p><b>23</b> CLOSED</p> <p>10:00 am Recovery 101</p> <p>1:00 pm Cooking</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>24</b> CLOSED</p> <p>10:00 am WRAP 4</p> <p>1:00 pm Work Works</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>25</b> CLOSED</p> <p>10am Body, Mind, and Spirit</p> <p>1:00 pm In this Together</p> <p>2:30 pm Chat-Support-Connect Support group</p>	<p><b>26</b> CLOSED</p> <p>9:00 am Yoga/Meditation</p> <p>1:00 pm Seeking Safety</p> <p>2:30 pm Chat-Support-Connect Support</p>	<p><b>27</b> CLOSED</p> <p>10:00 am Keep Your Power</p> <p>1:00 pm Life in Balance</p> <p>2:30 pm Dual Recovery Anonymous (DRA)</p>	<p><b>28</b> CLOSED</p>
<p><b>30</b></p> <p>To be Determined</p>	<p><b>31</b></p> <p>To be Determined</p>				



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## Tuesday 3/17/20

- 10:00am Crisis and Wellness Education (audio only)**  
<https://zoom.us/j/821422162?pwd=eFMwUkxvTdlR2pHTzJuQXM2MmV4dz09> Meeting ID: 821 422 162 Password: 016157
- 1:00pm Work Works w/ Ariel, Zach, Cedric and Darcy (audio only)**  
<https://zoom.us/j/129001403?pwd=VkZ5aHJpMINpeC9RemZkQTdRQW40dz09> Meeting ID: 129 001 403 Password: 023692
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/711238347?pwd=UnZQajlyQ3c2WU5XZ0Y5ZjNpbG1WZz09> Meeting ID: 711 238 347 Password: 021758

## Wednesday 3/18/20

- 10:00am Body, Mind and Spirit w/ Jane (audio only)**  
<https://zoom.us/j/127182960?pwd=ZXVUOUZHafdzQnlLZ1d1cHhiTIRyZz09> Meeting ID: 127 182 960 Password: 013651
- 1:00pm In This Together w/ Aaron (audio only)**  
<https://zoom.us/j/285401967?pwd=OXVKcUxYYUQyRENnSTNTNGpaeFprZz09> Meeting ID: 285 401 967 Password: 014546
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/410447860?pwd=UjB2a25lYnR3MnBqU2F3YVFicldQUt09> Meeting ID: 410 447 860 Password: 007729

## Thursday 3/19/20

- 9:00am Yoga and Meditation w/ Casey**  
Facebook Live
- 1:00pm Seeking Safety w/ Sharon (audio only)**  
<https://zoom.us/j/474550823?pwd=NFMzd3hUWGJlaWplQllyYjRwVGVIz09> Meeting ID: 474 550 823 Password: 032004
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/345767995?pwd=Ump2K3lBMFJSWlFjR1BjelJyU0gyUT09> Meeting ID: 345 767 995 Password: 022688

## Friday 3/20/20

- 10:00am Keep Your Power w/ Sharon (audio only)**  
<https://zoom.us/j/235749697?pwd=aUJ0aVowWjFHRk00M3ZzNVVjRG1TUT09> Meeting ID: 235 749 697 Password: 023423
- 1:00pm Life in Balance w/ Aaron and Cedric**  
<https://zoom.us/j/538391806?pwd=a2VhZERlYzJlRTdYekV5R1dwbnVvZz09> Meeting ID: 538 391 806 Password: 008537
- 2:30pm Dual Recovery Anonymous (DRA) w/ Sharon**  
<https://zoom.us/j/947766589?pwd=NjJWUURxSDNlNHFiWHZ5cHhqYXRydz09> Meeting ID: 947 766 589 Password: 001113



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## Monday 3/23/20

- 10:00am Recovery 101 w/ Zach and Cedric (audio only)**  
<https://zoom.us/j/428118640?pwd=QlhxbmR5ZERlVlBpK1RpUjcyRDJpUT09> Meeting ID: 428 118 640 Password: 001119
- 1:00pm Cooking with Reggie (audio only)**  
<https://zoom.us/j/796712998?pwd=S1ZqNHJSekpvSStmbkxySldUUTNBUT09> Meeting ID: 796 712 998 Password: 004383
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/932592280?pwd=RTlhZWRmMTRNOE9Dc3Y4NXd3c1NSdz09> Meeting ID: 932 592 280 Password: 019646

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## Tuesday 3/24/20

- 10:00am Crisis and Wellness Education (audio only)**  
<https://zoom.us/j/872901718?pwd=cFJkQmlRMLdPci96cnVlaXJHdWxYQT09> Meeting ID: 872 901 718 Password: 028218
- 1:00pm Work Works w/ Ariel, Zach, Cedric and Darcy (audio only)**  
<https://zoom.us/j/134233647?pwd=TlF0YVpJWtd0RUl5U2RzdUIhSElvQT09> Meeting ID: 134 233 647 Password: 021183
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/337087847?pwd=bjduNUZSQVVOKOZGRlJ3cHM5dy8wZz09> Meeting ID: 337 087 847 Password: 028144

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## Wednesday 3/25/2020

- 10:00am Body, Mind and Spirit w/ Jane (audio only)**  
<https://zoom.us/j/512286338?pwd=VlRueWU1SE1idkVYY0MzKzZqaS95QT09> Meeting ID: 512 286 338 Password: 002808
- 1:00pm In This Together w/ Aaron (audio only)**  
<https://zoom.us/j/474285100?pwd=YUgxenF4UEJFU3M3c3EzSGh2V0NxUT09> Meeting ID: 474 285 100 Password: 017431
- 2:30pm Chat-Support-Connect (audio only)**  
<https://zoom.us/j/463791415?pwd=NUl6V0NldXNHRk84dmpUSWpISUY5QT09> Meeting ID: 463 791 415 Password: 005464

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## Thursday 3/26/2020

- 9:00am Yoga and Meditation w/ Casey  
Facebook Live
- 1:00pm Seeking Safety w/ Sharon (audio only)  
<https://zoom.us/j/524369803?pwd=cjJJJaTRRemtnRU9UNmUyM0tLWEdQZz09> Meeting ID: 524 369 803 Password: 016282
- 2:30pm Chat-Support-Connect (audio only)  
<https://zoom.us/j/227506777?pwd=KlZ3MUdlTzNoY1h4UUhUY3ZLaHdSUT09> Meeting ID: 227 506 777 Password: 022977
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## Friday 3/27/2020

10:00am	Keep Your Power w/ Sharon (audio only) <a href="https://zoom.us/j/210032702?pwd=bERLaFZtRHV4MU1jNzBtK2tvVFgzUT09">https://zoom.us/j/210032702?pwd=bERLaFZtRHV4MU1jNzBtK2tvVFgzUT09</a>	Meeting ID: 210 032 702	Password: 017783
1:00pm	Life in Balance w/ Aaron and Cedric (audio only) <a href="https://zoom.us/j/962084500?pwd=amJkSHhaek5TVHVzT3hqYmlFZGtvdz09">https://zoom.us/j/962084500?pwd=amJkSHhaek5TVHVzT3hqYmlFZGtvdz09</a>	Meeting ID: 962 084 500	Password: 027011
2:30pm	Dual Recovery Anonymous (DRA) w/ Sharon (audio only) <a href="https://zoom.us/j/713932175?pwd=d3FwRk4zRThJOUNIN3NZS0lZeEEyUT09">https://zoom.us/j/713932175?pwd=d3FwRk4zRThJOUNIN3NZS0lZeEEyUT09</a>	Meeting ID: 713 932 175	Password: 017688

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WE HEAR  
YOU | 24/7  
*(and we're good at listening!)*

**24/7 Warm-Line (833) 390-7728 (toll free)**

A Warm-Line is a non-crisis phone line, operated by Peer Support Specialists, to talk, support you through a difficult time, and combat feelings of isolation. The Warm-Line is confidential and free of charge!

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