## AUGUST 2020
### VIRTUAL SCHEDULE

**www.promiseresourcenetwork.org  704.390.7709**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 3  10am Recovery 101  
11am Shae Movement*  
1pm Let’s Get Creative with Jane Ritz  
2:30pm Mindful Living with Casey Jean  
6pm Wellness Chronicles | 4  10am Recovery Education  
1pm Shift Happens  
6pm Expansion | 5  10am Body Mind and Spirit  
11am Town Hall  
1pm Thinking About Wellness  
6pm The New Jim Crow | 6  10am CommonWealth Charlotte  
10am Yoga: Gentle Chair  
1pm Seeking Safety  
2pm CommonWealth Charlotte  
7pm Writing For Wellness* | 7  10am Keep your Power  
11:30 Love Talks  
1pm Life in Balance  
2:30pm Coming Together  
6pm Bingo 5K Kick-off | 8  10am Get Moving  
11am Cedric Presents  
12pm Drums4Life*  
2:30pm Support Group  
5K Kick-off |
| 10  10am Recovery 101  
1pm Let’s Get Creative with Jane Ritz  
2:30pm Navigating Grief  
6pm Wellness Chronicles | 11  10am CommonWealth Charlotte  
10am Recovery Education  
1pm Shift Happens  
2pm CommonWealth Charlotte  
6pm Expansion | 12  10am Body Mind and Spirit  
11am Town Hall  
1pm Thinking About Wellness  
6pm Through the Eyes of Others | 13  10am Yoga: Gentle Chair  
1pm Seeking Safety  
7pm Writing For Wellness | 14  10am Keep your Power  
11:30 Just for Today  
1pm Life in Balance  
2:30pm Coming Together  
6pm Guerilla Poets End the Stigma Workshop* | 15  10am Get Moving  
11am Cedric Presents  
12pm Drums4Life*  
2:30pm Support Group  
5K Kick-off |
| 17  10am Recovery 101  
1pm Let’s Get Creative with Jane Ritz  
2:30pm Mindful Living with Casey Jean  
6pm Wellness Chronicles | 18  10am Recovery Education  
11am Shae Movement*  
1pm Shift Happens  
6pm Expansion | 19  10am Body Mind and Spirit  
11am Town Hall  
1pm Thinking About Wellness  
6pm Through the Eyes of Others | 20  10am CommonWealth Charlotte  
10am Yoga: Gentle Chair  
1pm Seeking Safety  
2pm CommonWealth Charlotte  
7pm Writing For Wellness* | 21  10am Keep your Power  
11:30 Love Talks  
1pm Life in Balance  
2:30pm Coming Together  
6pm Think and Paint* | 22                                                                 |
| 24  10am Recovery 101  
1pm Let’s Get Creative with Jane Ritz  
2:30pm Navigating Grief  
6pm Wellness Chronicles | 25  10am CommonWealth Charlotte  
10am Recovery Education  
1pm Shift Happens  
2pm CommonWealth Charlotte  
6pm Expansion | 26  10am Body Mind and Spirit  
11am Town Hall  
1pm Thinking About Wellness  
6pm Through the Eyes of Others | 27  10am Yoga: Gentle Chair  
1pm Seeking Safety  
7pm Writing For Wellness | 28  10am Keep your Power  
11:30 Just for Today  
1pm Life in Balance  
2:30pm Coming Together  
6pm Guerilla Poets Open Mic* | 29                                                                 |
| 31  10am Recovery 101  
1pm Let’s Get Creative with Jane Ritz  
2:30pm Mindful Living with Casey Jean  
6pm Wellness Chronicles |                                                                |                                                                        |                                                                        |                                                                        |                                                                        |

Classes in Blue are on ZOOM Links are on the following pages.

Classes in Purple are on Facebook

Classes in green are on Facebook and zoom.

*These event are funded by the Arts and Science Council’s Cultural Vision Grant, to support healing, heritage and education to build a stronger and more resilient recovery community.
Bingo Night 5K Kick-off on Friday, August 7th at 6pm
Join us for Tropical Bingo, to Kick-off the 5K Virtual Run/Walk for Wellness. It will be a fun evening of bingo and prizes. Register at https://www.eventbrite.com/e/bingo-tickets-114422380420

Body, Mind & Spirit Wednesdays at 10am
This class explores different topics, from learning about and discovering your authentic self, to bringing balance and mindfulness in your life.

Cedric Presents on Saturday, August 8th at 11am
Cedric Coit will highlight how music can play an important role in the wellness process and will provide an opportunity for individuals to display musical gifts and explore music through the 8 Dimensions of Wellness.

Coming Together Fridays at 2:30pm
Join this support group to learn about wellness strategies that help people develop resilience after experiencing a crisis or trauma.
https://us02web.zoom.us/j/84020471820?pwd=UDd5akV4WncZbG50BH5SDF1mMUJT09
Meeting ID: 840 2047 1820 Password: 1041haw

Common Wealth Charlotte August 6th, 11th, 20th & 25th at 10am & 2pm
This one-hour Financial Empowerment Workshops provides uncommon financial solutions for low income families. It also recognizes the physical, psychological and emotional trauma brought on by poverty and a lifetime of scarcity, but also the healing than can occur when the trauma is replaced by positive, uplifting experiences.
https://us02web.zoom.us/j/2912309794?pwd=dDNvNndLS1hDcEhPM05YOloaV.LocalDate9
Meeting ID: 291 230 9794 Password: CWC

Drums4Life Saturday, August 8th at 12 Noon
Drums 4 Life drum circles are for all ages and skill levels. D4L artists lead participants in an array of rhythms, songs, dances and cultural lessons. The artists also encourage the participants to join in using their own homemade instruments and demonstrate how to turn ordinary home items into rhythmic percussion instruments.
https://us02web.zoom.us/j/83599320484?pwd=hGHNnUY3JX5N5TnTuQRN/gbG5rQ09
Meeting ID: 835 9932 0484 Password: 098131

Expansion with Jane Ritz Tuesdays at 6pm
This class explores the Spiritual Dimension of wellness, with a focus on the facets of acceptance, sensuality, love, pleasure, play, peace and altruism.
Get Moving Saturday, August 8th at 10am
This class helps people make healthier and better-informed decisions regarding local foods, food safety, gardening and more.

Guerilla Poets*
The Guerilla Poets are a nonprofit group based out of Charlotte that provide art, music, and writing lessons in their creative workshops that are empowering, healing, and educational. The Open Mic is an opportunity to share your creativity in a public forum.

*End the Stigma Poetry Workshop Friday August 14th at 6pm
https://us02web.zoom.us/j/84671378988?pwd=SU9ONzWUUhRY0d0a0k1S3JsNmtJZz09
Meeting ID: 846 7137 8988     Password: 360413

*Coming Together Open Mic Friday, August 28th at 6pm
https://us02web.zoom.us/j/81027509704?pwd=RFlyMUhFRW1SERDYipVaT1gpmUKJU09
Meeting ID: 810 2750 9704     Password: 174479

Just for Today Thursday, August 14th and 28th at 11:30am
Join us for an impactful conversation about the focus of “RIGHT NOW” and how to make “RIGHT NOW” work for my recovery and wellness.

Keep Your Power Fridays at 10am
Come explore the good, bad, and ugly of our emotions and complete 10-hours towards a Certified Peer Support Specialist Certification.

Let’s Get Creative with Jane Ritz Mondays at 1pm
Explore your creative side while stimulating your brain and improving your mood. Each week will offer a different creative opportunity!

Life in Balance Fridays at 1pm
This class focuses on cultivating skills to create healthy boundaries for intimate, family and friend relationships and explores the effects of substance use and trauma on relationships.

Love Talks Friday, August 7th and 21st at 11:30am
This class examines the DNA of healthy relationships and allow participants interactive conversations about the deeper meanings of relationships.

Mindful Living with Casey Monday, August 3rd, 17th and 31st at 2:30pm
Through the examination of mindful theories, practical applications and self-inquiry we will get to the root of any suffering, stress or anxiety. Watch your thoughts and attitude shift from towards the positive as we work to manifest your highest and best self!
Navigating Grief with Casey August 10th & 24th at 2:30pm
Grief isn’t a problem to be solved. It’s an experience to be carried and nurtured. This is a safe space for you to be as you are, receive support, and be in community with others as we navigate this path together.
https://us02web.zoom.us/j/84020471820?pwd=UDd5aV4WncdJZHo5QHBmSDJwJnNUk09
Meeting ID: 840 2047 1820   Password: 1041haw

Recovery Education Tuesdays at 10am
Join us to learn wellness strategies that promote recovery and resilience by developing recovery goals and exploring trauma informed self-care.

Recovery 101 Mondays at 10am
Each class highlights a different recovery related theme. Videos, activities, exploring tools, strategies, and engaging conversations will help participants learn more about recovery and what it means to them individually.

Shift Happens Tuesdays at 1pm
Shift Happens is a discussion group focused on changing harmful thought processes and negative attitudes into positive and healthy mindsets.

Shae Movement*
West African Dance incorporates movements from everyday life and is a means of encouraging abundance, celebrating life, and healing the soul and body. Join us for this workshop. No experience required.

Monday, August 3rd at 11am
https://us02web.zoom.us/j/83683043714?pwd=cXFSUkpzNQz8WGc4QXdTY0hYWgeQT09
Meeting ID: 836 8304 3714   Password: 491527

Tuesday, August 18th at 11am
https://us02web.zoom.us/j/84594398235?pwd=c280bUJhSIZDiCt5Q25NaXh6RlkxYdz09
Meeting ID: 845 9439 8235   Password: 615193

Seeking Safety Thursdays at 1pm
This nationally recognized curriculum was created for people experiencing PTSD/Post Traumatic Stress Disorder and substance use. However, Seeking Safety is open to everyone, and provides 10-hours towards a Certified Peer Support Specialist Certification.
Support Group Saturday August 8th at 2:30pm
Join us for a Support Group, where you will find people with common experiences and concerns who provide emotional and moral support for one another.
https://us02web.zoom.us/j/84020471820?pwd=UDd5akV4WnJZH5OHBHSDJYmNuUT09
Meeting ID: 840 2047 1820     Password: 1041haw

Think and Paint* Friday, August 21st at 6pm
A fun interactive Paint Party that will expand your creativity. No experience needed to participate. Materials and easy instruction will be provided.
Register by August 14th at https://paintandcreatesession1.eventbrite.com

Thinking About Wellness Wednesdays at 1pm
This class explores building sustained health and wellness using recovery strategies.

Through the Eyes of Others Wednesday, Aug. 12th, 19th and 26th at 6pm
Co-Director’s Aaron and Lisa will facilitate a conversation about the emotional residue that many people are experiencing as a result of the trauma stories of others.

Town Hall Wednesdays at 11am
A community meeting for sharing success stories and addressing community concerns.

The Wellness Chronicles Mondays at 6pm
Join us for community conversations exploring injustice and how to ignite sustainable social change and embed wellness in marginalized communities.
https://us02web.zoom.us/j/86051336936?pwd=MjV4eXgxREZRNjdYUy5Hc3VwZz09
Meeting ID: 860 5133 6936     Password: 021089

Writing for Wellness* Thursdays at 7pm
Join us to learn about navigating emotions through creative writing.
https://us02web.zoom.us/j/83736524875?pwd=bW5WWFpPaU1TeWZIRiRZb05vVkJ5dz09
Meeting ID: 837 3652 4875     Password: 340175

Yoga: Gentle Chair Yoga with Casey Jean Thursdays at 10am
This class is for you if you want to: promote strength, balance, flexibility, relieve tension, and learn healthy ways to cope and relax.

*PRN would like to thank the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.
Friday, August 7th at 6pm

BINGO

Win Prizes

Register by Thursday, August 6th at
http://https://www.eventbrite.com/e/bingo-tickets-114422380420

You will receive the Zoom link after you register.
Run or Walk anywhere, anytime from 8/8 - 8/15

Register by August 14, 2020 at 12:00pm EDT at https://runsignup.com/Race/Events/NC/Charlotte/RunForWellnessCLT

Registration is $15.00 Race Fee + $2.50 Signup Fee
This West African Dance workshop incorporates movements from everyday life and is a means of encouraging abundance, celebrating life, and healing the soul and body. No experience required.

**Monday, August 3rd at 11am**

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SHAE Movement African Arts is a cultural entity dedicated to "Sharing the Heart of African Energy through MOVEMENT" to the Charlotte community and abroad. We strive to be a reflection of positivity and are able to foster an environment where we bring the best out of each person with whom we come in contact. By encouraging movement in all that we do, we hope to promote healthy living practices through "Cardio and Culture."

PRN would like to thank the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.
Drums4Life

Saturday, August 8th at 12 Noon

Drums 4 Life drum circles are for all ages and skill levels. D4L artists will lead participants in an array of rhythms, songs, dances and cultural lessons.

The artists also encourage the participants to join in using their own home made instruments and demonstrate how to turn ordinary home items into rhythmic percussion instruments. Look around your home and find materials to make your own drum.

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Guerilla Poets

End the Stigma Poetry Workshop
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Coming Together Open Mic
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Think N Paint provides fun and interactive Paint Party Classes that will expand your creativity. No experience or skills needed to participate. We provide all materials and easy step-by-step instruction. Let’s create together while having some fun.

**Friday, August 21, 2020**
6pm to 7pm

Register at:
https://paintandcreatesession1.eventbrite.com

All materials for session will be provided after you register. The kit will include a pre-drawn canvas, paint and paint brushes. The Zoom link when be provided in the kit and also emailed to you prior to event.
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**Writing for Wellness**

Thursdays at 7pm EST

https://us02web.zoom.us/j/85019306097?pwd=NmNlR0U4VEo5ZURyWW5wZTZoUVhCU009

Meeting ID: 850 1930 6097     Password: 027672

Join Zach to learn about navigating emotions through creative writing. This is a great opportunity to improve your writing, explore your emotions, and have fun. No experience is required and you can write as much or as little as you like. Zach will be joined by Shane of Guerilla Poets* and Jane Ritz, on alternating weeks, to add inspiration.

If you would like to share your work with the class, please email your writing to Zach at ZCaldicott@promiseresourcenetwork.org.

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**Jane the Guide**

August 13th & 27th

August 6th & 20th

Guerilla Poets


*GP would like to thank the Arts and Science Council for the Cultural Vision Grant funding these creative outlets that support healing, heritage and education to build a stronger and more resilient recovery community.*