
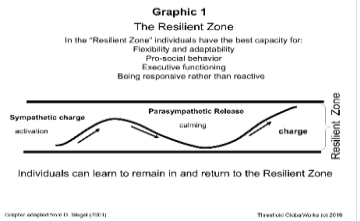





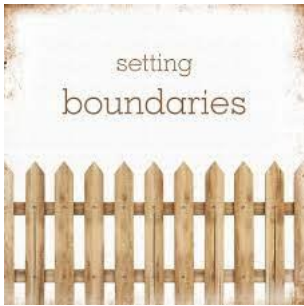

Adult Recovery Education Center Fall Semester Class Schedule-Class available to enrolled service members, offered by ZOOM, a HIPAA compliant platform to protect your confidentiality

To become enrolled in services, please call our main office at (828) 631-3973



CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM	<p>9:30-10:30AM Social Anxiety kayla.loftis@meridianbhs.org</p>	<p>9:30-10:30AM Resiliency Skills kayla.loftis@meridianbhs.org</p>	<p>9:30AM-11AM Improving Self Esteem amy.s.wilson@meridianbhs.org</p> <p>9:30-10:30AM Wise Mind kayla.loftis@meridianbhs.org</p>	<p>9:30-11:00AM Healthy Relationships patricia.taylor@meridianbhs.org</p>	<p>9:30AM-11AM Back from the Bluez amber.quick@meridianbhs.org</p> <p>9:30-10:30 Mindfulness Rob.clarke@meridianbhs.org</p> <p>9:30-10:30AM Recovery Skills kayla.loftis@meridianbhs.org</p>
10:00AM	<p>10AM-11:30AM Meditation theo.saslow@meridianbhs.org</p> <p>10AM-11AM Trauma, Hope and Healing michelle.wisda@meridianbhs.org</p> <p>10:00-11:00AM Trauma, Hope and Healing michelle.wisda@meridianbhs.org</p>	<p>10AM-11:00AM Journey Into Recovery ashley.iannotte@meridianbhs.org</p> <p>10AM-11:30AM Self Compassion & Self Care Jennifer.abbey@meridianbhs.org</p>	<p>10AM-11:30AM Life After Loss jack.geist@meridianbhs.org</p> <p>11:00-12:00 Healthy Boundaries michelle.wisda@meridianbhs.org</p>	<p>10:00-11:00AM Journey Into Recovery ashley.iannotte@meridianbhs.org</p> <p>10AM-11:30 AM Skills Practice Group jo.ruff@meridianbhs.org</p>	<p>Skill Practice: Deep Breathing 1-Breathe in through your nose slowly 2-Breathe out through mouth slowly 3-Repeat</p>
10:30AM	<p>Wise Mind= Emotional and Rational Minds Working Effectively Together Check us out Tues, Wed, and Thurs</p>	<p>Parenting can be stressful & ? Learn how to make it fun and rewarding in our Parenting With Love & Logic Class Tues and Thurs</p>	<p>Learn 84 skills to maintain safety in your relationships, thinking, behavior, & emotions-Check out Seeking Safety on Mondays at 5PM</p>	<p>Struggling with addiction? Tried to quit and can't?- Find support and tools that may help in our Journey Into Recovery and Recovery Discovey classes on Tuesdays & Thursdays</p>	<p>10:30AM-11:30AM Improving Self Esteem kayla.loftis@meridianbhs.org</p>

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
11:00AM		11AM-12:30PM Wise Mind brittany.burnett@meridianbhs.org	11-12:30 Resiliency theo.saslow@meridianbhs.org		“Courage starts by showing up and letting ourselves be seen” Brene Brown
11:30AM	11:30AM-1PM Healthy Boundaries amy.s.wilson@meridianbhs.org	11:30AM-1PM Recovery Discovery kelsey.jaynes@meridianbhs.org	↓unhelpful thoughts/actions ↑quality of life&empowerment Join us for WRAP on Wednesdays at 2PM	11:30-1PM Parenting With Love & Logic amy.s.wilson@meridianbhs.org 11:30A-1:00 PM Watch Your Thinking brittany.burnette@meridianbhs.org	11:30AM-1PM Living Beyond Pain amy.s.wilson@meridianbhs.org
12:00PM	Want help coping with depression? Visit our Back from the Bluez class on Fridays at 9:30AM		“Shame corrodes the very part of us that believes we are capable of change” Brene Brown Check out Self Compassion on Tuesdays at 10AM	5 Stages of Grief: Denial, Anger, Bargaining, Depression, and Acceptance Find support and coping tools in Life After Loss on Wed @ 3:30PM	12PM-1:30 PM Writing & Poetry for Recovery veronica.orellana@meridianbhs.org 12:00-1:00 Truth of Spirit ashley.iannotte@meridianbhs.org
12:30PM-Break	Empowerment	Personal Responsibility	Spirituality	Hope	Support
1:00PM	1:00-2:00P Wise mind rob.clarke@meridianbhs.org	 Creative Recovery Tues at 1:30PM	1PM-2PM Stopping Procrastination kayla.loftis@meridianbhs.org 1:00PM-2:00PM Gratitude ashley.iannotte@meridianbhs.org	Personalizing a whole health goal for self-management Learn more in WHAM class Mondays at 2PM	1:00-2:00P Self-Compassion michelle.wisda@meridianbhs.org

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1:30PM	 <p>Is your use of alcohol or other drugs causing problems in your life? Visit Recovery Discovery on Tues & Thurs for help</p>	<p>1:30PM-3PM Creative Recovery amy.s.wilson@meridianbhs.org</p>	<p>1:30PM-3PM Wise Mind laila.deane@meridianbhs.org</p>	<p>1:30PM-3:00PM Living in Balance amy.s.wilson@meridianbhs.org</p>	<p>1:30PM-2:30PM Healthy Boundaries veronica.orellana@meridianbhs.org</p> <p>1:30PM-3PM Toxic Temperaments amy.s.wilson@meridianbhs.org</p>
2:00PM	<p>2PM-3:30 PM Whole Health Action Management (WHAM) jo.ruff@meridianbhs.org</p> <p>2:00-3:00PM Loneliness kayla.loftis@meridianbhs.org</p>	<p>2PM-3:30PM Parenting With Love & Logic jennifer.abbey@meridianbhs.org</p> <p>2:00-3:00PM Writing for Wellness kayla.loftis@meridianbhs.org</p> <p>2:00-3:00PM Toxic Temperaments Ashley.lannotte@meridianbhs.org</p>	<p>2PM-3:30 PM Wellness Recovery Action Plan (WRAP) jo.ruff@meridianbhs.org & jennifer.abbey@meridianbhs.org</p> <p>2:00-3:00PM Living with Chronic Pain kayla.loftis@meridianbhs.org</p>	<p>2:00-3:30PM Wellness Recovery Action Plan (WRAP) kayla.loftis@meridianbhs.org & Patricia.taylor@meridianbhs.org</p> <p>2:00-3:00P Toxic Temperaments ashley.iannotte@meridianbhs.org</p>	<p>2:00- 3:00PM Seeking Safety Kayla.loftis@meridianbhs.org</p> <p>2-3:30 PM Healthy Boundaries veronica.orellana@meridianbhs.org</p>
3:00PM	<p>3:00-4:00 Perfectionism ashley.iannotte@meridianbhs.org</p>	 <p>Mon, Wed and Fri</p>	<p>3:00-4:00PM 4 Agreements ashley.lannotte@meridianbhs.org</p>	<p>Maintaining success in recovery from addiction? Want additional support? Visit our Living in Balance class on Thursdays at 1:30PM</p>	

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
3:30PM	3:30AM-5PM Art of Emotions amy.s.wilson@meridianbhs.org	3:30PM-5PM Resiliency Skills amy.s.wilson@meridianbhs.org	3:30PM-5PM Life After Loss amy.s.wilson@meridianbhs.org	3:30PM-5PM Managing Anxiety amy.s.wilson@meridianbhs.org	
5:00PM or After	5PM-6PM Seeking Safety julia.madison@meridianbhs.org	"DIG deep- Get deliberate, inspired, and going"- Brene Brown	6-7:30 PM Recovery Discovery jack.geist@meridianbhs.org		