




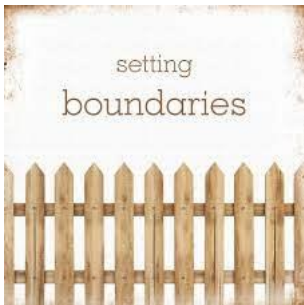


**Adult Recovery Education Center Winter 2021 Semester Class Schedule**-Class available to enrolled service members, offered by ZOOM, a HIPAA compliant platform to protect your confidentiality

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



CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:30AM	9:30-10:30AM Life After Loss <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a>	9:30-10:30AM Trauma, Hope, & Healing <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a>	9:30AM-11AM Improving Self Esteem <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>  9:30-10:30AM Wise Mind <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a>	9:30-11:00AM Healthy Boundaries <a href="mailto:Patricia.taylor@meridianbhs.org">Patricia.taylor@meridianbhs.org</a>	9:30AM-11AM Back from the Bluez <a href="mailto:Amy.s.wilson@meridianbhs.org">Amy.s.wilson@meridianbhs.org</a>  9:30-10:30AM Managing Anxiety <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a>
	10AM-11:00AM Mindfulness <a href="mailto:Theodore.saslow@meridianbhs.org">Theodore.saslow@meridianbhs.org</a>  10AM-11AM Trauma, Hope and Healing <a href="mailto:michelle.wisda@meridianbhs.org">michelle.wisda@meridianbhs.org</a>	10AM-11:00AM Journey Into Recovery <a href="mailto:ashley.iannotte@meridianbhs.org">ashley.iannotte@meridianbhs.org</a>  10AM-11:30AM Self Compassion & Self Care <a href="mailto:Jennifer.abbey@meridianbhs.org">Jennifer.abbey@meridianbhs.org</a>	10AM-11:30AM Life After Loss <a href="mailto:Jack.geist@meridianbhs.org">Jack.geist@meridianbhs.org</a>  10AM- 11AM Creative Recovery <a href="mailto:Ashley.iannotte@meridianbhs.org">Ashley.iannotte@meridianbhs.org</a>	10:00-11:00AM Journey Into Recovery <a href="mailto:ashley.iannotte@meridianbhs.org">ashley.iannotte@meridianbhs.org</a>  10AM-11:30 AM Skills Practice Group <a href="mailto:jo.ruff@meridianbhs.org">jo.ruff@meridianbhs.org</a>  10-11:30 AM Wise Mind <a href="mailto:Brittany.burnett@meridianbhs.org">Brittany.burnett@meridianbhs.org</a>	<b>Skill Practice: Deep Breathing</b> 1-Breathe in through your nose slowly 2-Breathe out through mouth slowly 3-Repeat  10-11:30 AM Breathing Underwater: Spirituality & the 12 Steps <a href="mailto:Amber.church@meridianbhs.org">Amber.church@meridianbhs.org</a>
10:30AM	<b>Wise Mind= Emotional and Rational Minds Working Effectively Together</b> Check us out Tues, Wed, and Thurs	<b>Parenting can be stressful &amp; ? Learn how to make it fun and rewarding in our Parenting With Love &amp; Logic Class Tues and Thurs</b>	<b>Learn 84 skills to maintain safety in your relationships, thinking, behavior, &amp; emotions-Check out Seeking Safety on Mondays at 5PM</b>	<b>Struggling with addiction? Tried to quit and can't?- Find support and tools that may help in our Journey Into Recovery and Recovery Discover classes on Tuesdays &amp; Thursdays</b>	
11:00AM		11AM-12:30PM Wise Mind <a href="mailto:brittany.burnett@meridianbhs.org">brittany.burnett@meridianbhs.org</a>	11-12:30 Resiliency <a href="mailto:Theodore.saslow@meridianbhs.org">Theodore.saslow@meridianbhs.org</a>	11:15-12:15 Back From the Bluez <a href="mailto:Patricia.taylor@meridianbhs.org">Patricia.taylor@meridianbhs.org</a>	<b>“Courage starts by showing up and letting ourselves be seen” Brene Brown</b>

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
11:30AM	11:30AM-1PM Healthy Boundaries <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>	11:30AM-1PM Recovery Discovery <a href="mailto:kelsey.jaynes@meridianbhs.org">kelsey.jaynes@meridianbhs.org</a>	<p>↓unhelpful thoughts/actions ↑quality of life&amp;empowerment</p> <p>Join us for WRAP on Wednesdays at 2PM</p>	11:30-1PM Parenting With Love & Logic <a href="mailto:amber.quick@meridianbhs.org">amber.quick@meridianbhs.org</a>	11:30AM-1PM Living Beyond Pain <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>
	<p>Want help coping with depression? Visit our Back from the Bluez class on Fridays at 9:30AM</p>		<p>“Shame corrodes the very part of us that believes we are capable of change” Brene Brown Check out Self Compassion on Tuesdays at 10AM</p>	<p>11:30 AM-1 PM Watch Your Thinking <a href="mailto:Amber.church@meridianbhs.org">Amber.church@meridianbhs.org</a></p>	<p>12PM-1:30 PM Writing &amp; Poetry for Recovery <a href="mailto:veronica.orellana@meridianbhs.org">veronica.orellana@meridianbhs.org</a></p>
12:00PM	12:30-2 PM Seeking Safety for Women <a href="mailto:Sue.ashe@meridianbhs.org">Sue.ashe@meridianbhs.org</a>		12-1:30 PM Accept, Choose, & Take Action <a href="mailto:Brittany.burnett@meridianbhs.org">Brittany.burnett@meridianbhs.org</a>	<p>5 Stages of Grief: Denial, Anger, Bargaining, Depression, and Acceptance Find support and coping tools in Life After Loss on Wed @ 3:30PM</p>	
12:30PM-Break	<b>Empowerment</b>	<b>Personal Responsibility</b>	<b>Spirituality</b>	<b>Hope</b>	<b>Support</b>
1:00PM	1:00-2:00 Whole Health Action Management (WHAM) <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a> <a href="mailto:Patricia.taylor@meridianbhs.org">Patricia.taylor@meridianbhs.org</a>	 <p><b>Creative Recovery Tues at 1:30PM</b></p> <p>1:00-2:00 Self-Compassion <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a></p>	1PM-2PM Living In Balance <a href="mailto:kayla.loftis@meridianbhs.org">kayla.loftis@meridianbhs.org</a>	<p>Personalizing a whole health goal for self-management Learn more in WHAM class Mondays at 2PM</p> <p>1:00-2:00 Art of Emotions <a href="mailto:Patricia.taylor@meridianbhs.org">Patricia.taylor@meridianbhs.org</a></p>	1:00-2:00P Wise Mind (Male Group) <a href="mailto:Rob.clarke@meridianbhs.org">Rob.clarke@meridianbhs.org</a>

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
1:30PM	1:00-2:00P Wise mind <a href="mailto:Rob.Clarke@meridianbhs.org">Rob.Clarke@meridianbhs.org</a>	1:00-2:00PM Toxic Temperaments  <a href="mailto:Ashley.lannotte@meridianbhs.org">Ashley.lannotte@meridianbhs.org</a>		1:00-2:00P Toxic Temperaments <a href="mailto:Ashley.iannotte@meridianbhs.org">Ashley.iannotte@meridianbhs.org</a>	
	 <p><b>Is your use of alcohol or other drugs causing problems in your life? Visit Recovery Discovery on Tues &amp; Thurs for help</b></p>	1:30PM-3PM Creative Recovery <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>	1:30PM-3PM Wise Mind <a href="mailto:laila.deane@meridianbhs.org">laila.deane@meridianbhs.org</a>	1:30PM-3:00PM Gifts of Imperfection <a href="mailto:amy.wilson@meridianbhs.org">amy.wilson@meridianbhs.org</a>	1:30PM-3PM Toxic Temperaments <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>
2:00PM	2PM-3:30 PM Whole Health Action Management (WHAM) <a href="mailto:jo.ruff@meridianbhs.org">jo.ruff@meridianbhs.org</a>	2PM-3:30PM Parenting With Love & Logic <a href="mailto:Jennifer.abbey@meridianbhs.org">Jennifer.abbey@meridianbhs.org</a>	2PM-3:30 PM Wellness Recovery Action Plan (WRAP) <a href="mailto:jo.ruff@meridianbhs.org">jo.ruff@meridianbhs.org</a> & <a href="mailto:Jennifer.abbey@meridianbhs.org">Jennifer.abbey@meridianbhs.org</a>		2-3:30 PM Healthy Boundaries <a href="mailto:Veronica.orellana@meridianbhs.org">Veronica.orellana@meridianbhs.org</a>
	3:00-4:00 Perfectionism <a href="mailto:ashley.iannotte@meridianbhs.org">ashley.iannotte@meridianbhs.org</a>	 <p><b>Mon, Wed and Fri</b></p>		<p><b>Maintaining success in recovery from addiction? Want additional support? Visit our Living in Balance class on Thursdays at 1:30PM</b></p>	
3:30PM	3:30AM-5PM Art of Emotions <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>	3:30PM-5PM Resiliency Skills <a href="mailto:Amy.s.wilson@meridianbhs.org">Amy.s.wilson@meridianbhs.org</a>	3:30PM-5PM Life After Loss <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>	3:30PM-5PM Managing Anxiety <a href="mailto:amy.s.wilson@meridianbhs.org">amy.s.wilson@meridianbhs.org</a>	

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
5:00PM or After		<p><b>"DIG deep- Get deliberate, inspired, and going"- Brene Brown</b></p>	<p>6-7:30 PM Recovery Discovery <a href="mailto:Jack.geist@meridianbhs.org">Jack.geist@meridianbhs.org</a> g</p>	<p>5:30PM-6:30PM Seeking Safety <a href="mailto:julia.madison@meridianbhs.org">julia.madison@meridianbhs.org</a> g</p>	<p>WISHING YOU A WEEKEND OF <b>MORE</b> MINDFULNESS CALM LAUGHTER ADVENTURE COMPASSION</p>