
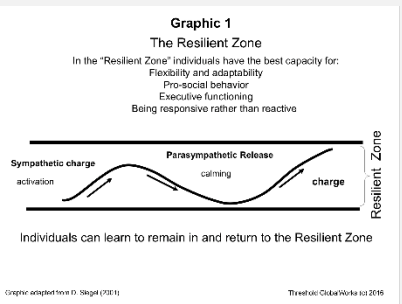







Adult Recovery Education Center Summer II Semester Class Schedule-Class available to enrolled service members, offered by ZOOM, a HIPAA compliant platform to protect your confidentiality

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



CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM	9AM-10AM What Me Worry?!?! kayla.loftis@meridianbhs.org	9AM-10AM Managing Anxiety Part 2 kayla.loftis@meridianbhs.org	9AM-10AM Perfectionism kayla.loftis@meridianbhs.org	9AM-10AM Wise Mind kayla.loftis@meridianbhs.org	9AM-10AM Self Expression kayla.loftis@meridianbhs.org
9:30AM	9:30AM-11AM Art of Emotions amy.s.wilson@meridianbhs.org	9:30AM-11AM Resiliency Skills amber.quick@meridianbhs.org	9:30AM-11AM Improving Self Esteem amy.s.wilson@meridianbhs.org	9:30AM-10:30AM Managing Anxiety amy.s.wilson@meridianbhs.org	9:30AM-10:30AM Back from the BlueZ amy.s.wilson@meridianbhs.org
10:00AM	10AM-11AM Meditation jennifer.abbey@meridianbhs.org 10AM-11AM Facing Your Feelings michelle.wisda@meridianbhs.org	10AM-11AM Self Compassion LGBTQ sue.ashe@meridianbhs.org & Jennifer.abbey@meridianbhs.org	10AM-11:30AM Resiliency Skills theo.saslow@meridianbhs.org	10AM-11Am Skills Practice Group jo.ruff@meridianbhs.org	Skill Practice: Deep Breathing 1-Breathe in through your nose slowly 2-Breathe out through mouth slowly 3-Repeat
10:30AM	Wise Mind= Emotional and Rational Minds Working Effectively Together Check us out Tues, Wed, and Thurs	Parenting can be stressful & ? Learn how to make it fun and rewarding in our Parenting With Love & Logic Class Tues and Thurs	Learn 84 skills to maintain safety in your relationships, thinking, behavior, & emotions-Check out Seeking Safety on Mondays at 5PM	10:30AM-11:30AM Improving Assertiveness kayla.loftis@meridianbhs.org	10:30AM-11:30AM Improving Self Esteem kayla.loftis@meridianbhs.org
11:00AM	 Struggling with addiction? Tried to quit and can't?- Find support and tools that may help in our Journey Into Recovery and Recovery Discovery classes on Tuesdays & Thursdays	11AM-12:30PM Wise Mind brittany.burnett@meridianbhs.org 11AM-12PM Journey Into Recovery abby.walker@meridianbhs.org 11AM-1PM Recovery Discovery kelsey.jaynes@meridianbhs.org	 Learn more about managing your nervous system in our Resiliency Skills Class	11AM-12PM Journey Into Recovery nathaniel.capps@meridianbhs.org	11AM-12PM Rotating Topic julia.madison@meridianbhs.org & laila.deane@meridianbhs.org

CLASS TIME	Monday	Tuesday	Wednesday	Thursday	Friday
11:30AM	11:30AM-1PM Healthy Boundaries amy.s.wilson@meridianbhs.org	Maintaining success in recovery from addiction? Want additional support? Visit our Living in Balance class on Thursdays at 1:30PM	↓unhelpful thoughts/actions ↑ quality of life&empowerment Achieve life goals and dreams- Join us for WRAP on Wednesdays at 2PM	11:30-1PM Parenting With Love & Logic kristy.franks@meridianbhs.org 11:30A-12:30P Watch Your Thinking brittany.burnette@meridianbhs.org	“Courage starts by showing up and letting ourselves be seen” Brene Brown
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-1PM Writing and Poetry veronica.orellana@meridianbhs.org
12:30PM-Break	Empowerment	Personal Responsibility	Spirituality	Hope	Support
1:00PM	1PM-2PM Self-Compassion kayla.loftis@meridianbhs.org	 Creative Recovery Tues at 1:30PM	1PM-2PM Stopping Procrastination kayla.loftis@meridianbhs.org	Personalizing a whole health goal for self-management Learn more in WHAM class Mondays at 2PM	
1:30PM	 Is your use of alcohol or other drugs causing problems in your life? Visit Recovery Discovery on Tues & Thurs for help	1:30PM-3PM Creative Recovery amy.s.wilson@meridianbhs.org	1:30PM-3PM Wise Mind laila.deane@meridianbhs.org	1:30PM-3:00PM Living in Balance amy.s.wilson@meridianbhs.org	1:30PM-2:30PM Healthy Boundaries veronica.orellana@meridianbhs.org 1:30PM-3PM Toxic Temperaments amy.s.wilson@meridianbhs.org
2:00PM	2PM-3PM Whole Health Action Management (WHAM) jo.ruff@meridianbhs.org	2PM-3PM Parenting With Love & Logic jack.geist@meridianbhs.org	2PM-3PM Wellness Recovery Action Plan (WRAP) jo.ruff@meridianbhs.org & Jennifer.abbey@meridianbhs.org	2PM-3PM Recovery Discovery jack.geist@meridianbhs.org	WISHING YOU A WEEKEND OF MORE MINDFULNESS CALM LAUGHTER ADVENTURE COMPASSION
3:00PM-6:00PM	5PM-6PM Seeking Safety julia.madison@meridianbhs.org	 Art of Emotions Mondays @ 9:30AM	3:30PM-5PM Life After Loss amy.s.wilson@meridianbhs.org	“DIG deep- Get deliberate, inspired, and going”- Brene Brown	