










KNOXVILLE PEER SUPPORT ACADEMY

JULY 2024

IN-PERSON CALENDAR

Feel Free to Call, Text, or Email **MELISSA BOWMAN** at: 865-660-3041 mbowman7@covhlth.com **No charge for peer support.**

FOR ALL CENTERS Zoom: Meeting ID: 917 7995 3436 Passcode: 3632819

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 ROUTE A	3 ROUTE B	4	5
Zoom- Motivational Monday 10am-11am	Cook Out at Blount County Center 12-3 	Cook Out at Sevier County Center 12-3 	Center Closed For 4 th of July	Open Drop-In Center 1pm-3pm in R.E.C room
8	9 ROUTE A	10 ROUTE B	11	12
Zoom- Motivational Monday 10am-11am	Tie-Dye Bring your own shirt 12pm-3pm in R.E.C room 	Tie-Dye Bring your own shirt 12pm-3pm in R.E.C room 	Zoom- Terrific Thursdays 10am-11am	Open Drop-In Center 1pm-3pm in R.E.C room
15	16 ROUTE A	17 ROUTE B	18	19
Zoom- Motivational Monday 10am-11am	West Town Mall 12pm-2:30 	West Town Mall 12pm-2:30pm 	Zoom- Terrific Thursdays 10am-11am	Open Drop-In Center 1pm-3pm in R.E.C room
22	23 ROUTE A	24 ROUTE B	25	26
Zoom- Motivational Monday 10am-11am	Topics in Wellness and Recovery 12pm-3pm in R.E.C room 	Topics in Wellness and Recovery 12pm-3pm in R.E.C room 	STAFF MEETING CENTER CLOSED	Center Closed For Outreach
29	30 Route A and B	31		
Zoom- Motivational Monday 10am-11am	Little Ponderosa Zoo -Limited Tickets on first come first serve basis-Let Melissa know to reserve ticket 	Open Drop-In Center 12:30-3 No Transportation		

All activities will be at the 1541 Dowell Springs Rd, Knoxville TN Unless otherwise indicated
INSTRUCTIONS ON HOW TO SIGN UP FOR ACTIVITES AND HOW TO REQUEST TRANSPORTATION IS ON BACK OF THIS CALENDAR.

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OUR GROUPS ARE OFFERED FREE OF CHARGE TO ANYONE OVER THE AGE OF 18 WHO LIVES WITH A DIAGNOSABLE MENTAL HEALTH CONDITION OR PAST OR PRESENT SUBSTANCE USE DISORDER

HOW TO PARTICIPATE IN PERSON

Please Note: Schedule Subject to Change

DROP-IN CENTER HOURS WITH THE DATES ON THE FRONT OF THIS SHEET.

We will provide transportation *when available*, no less than one time per week to each participating member living in Knox County. After you have chosen the group you would like to attend you may drive in or request help with transportation. Assistance with transportation may be limited to receiving a gas card.

Barring inclement weather, dates with a  symbol will have additional transportation assistance available. To obtain transportation, please call or text **Melissa (865)660-3041** between 9pm Friday and 9pm Sunday. Leave a message with your name and number and that you would like to be picked up. Someone will call you before transportation begins for your group to confirm transport. We must have a completed registration form before we are able to transport you. **For some groups/events, prior sign-up for van transportation will be required. These groups are marked on the calendar.**

*****Requirement: Everyone must call in or text before outings and/or coming into the center to let Melissa know that you are coming, in case group is cancelled or there are any changes.**

Before you attend:

- Please make sure you are clean and free of strong odor as some of our members have allergies to perfumes and colognes.
- Please note that our facilities are Non Smoking Facilities.
- Please refrain from inappropriate clothing with foul language, references to drugs or alcohol, and negative statements. Please make sure all clothing appropriately covers your body. No spaghetti straps or "sagging" will be permitted in our facilities.
- No photography or videotaping is permitted on Peninsula or Peer Support property. This is a violation of our confidentiality policy.



NO-COST SERVICES MADE AVAILABLE THROUGH A GRANT FROM THE

TN

Department of
**Mental Health &
Substance Abuse Services**