



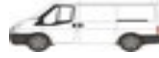


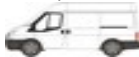



**KNOXVILLE PEER SUPPORT ACADEMY**

**JANUARY 2025**

**IN-PERSON CALENDAR**

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

*Please Note: Schedule Subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ROUTE A	1 ROUTE B	2	3
Center Closed for Outreach Activities	Setting Goals For the New Year 	Center Closed Happy New Year!!	Center Closed for Outreach Activities	Center Closed for Outreach Activities
6	7 ROUTE A	8 ROUTE B	9	10
Center Closed for Outreach Activities	Member Input Games with Movement 12:30pm-3pm 	Member Input Games with Movement 12:30pm-3pm 	Center Closed for Outreach Activities	Center Closed for Outreach Activities
13	14 ROUTE A	15 ROUTE B	16	17
Center Closed for Outreach Activities	The Gateway 12:30pm-3pm in R.E.C room 	The Gateway 12:30pm-3pm in R.E.C room 	Center Closed for Outreach Activities	Center Closed for Outreach Activities
20	21 ROUTE A	22 ROUTE B	23	24
Center Closed for Outreach Activities	<b>NUTRITION</b> 12:30pm-3pm in R.E.C room 	<b>Rain forest Adventure zoo</b> 	Center Closed for Outreach Activities	Center Closed for Outreach Activities
27	28 Route A	29	30	31
Center Closed For Outreach Activities	<b>Rain forest Adventure zoo</b> 	<b>NUTRITION</b> 12:30pm-3pm in R.E.C room 	Center Closed for Outreach Activities	Center Closed for Outreach Activities

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.**


**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**

**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**



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