The Peer Run Center for HOPE

812 La Cassia St Boise, ID 83705 344-4465

Groups and Classes:

The groups and classes listed below have been chosen to set the program in motion. Although we do have some of these groups in place and running, we do plan on having the rest up an running in the near future. Also, we are in a continual state of creating and modifying groups based on the feedback we get from participants and the availability of facilitators. The groups already in place have the day and times they take place beside the description. **Please call or look at our website**, http://www.peerruncenterforhope.org/home for current group schedule and times.

Recovery Dialogues: Mondays 11:00 - 12:00

Recovery Dialogues is a discussion group that focuses on rebuilding a positive self-image and strengthening the belief in one's abilities and potential for growth.

Being Positive: Mondays 11:00 - 12:00

Being positive is a group that focuses on how to look at day to day situations in a positive light.

Mythology: Mondays 1:00 - 2:00

Mythology explores the hope that the old stories can give to one who desires to move forward into a fuller life.

Movie Night: Mondays 7:00 - 9:00pm

We will be showing a movie every Monday evening. The movies shown will be either inspirational, simple comedy, or anything else that has a positive message. Usually there is a selection to choose from, or feel free to bring one of your own. Group consensus will determine the choice.

Women's Group: Wednesdays 7:00 - 8:00pm

This is a women's only group that provides a safe, and gender specific environment for women to express concerns related to a variety of topics relevant to their recovery, or journey through the mental health labyrinth. As with all groups, feedback—is optional and topics change weekly.

Music Therapy: Thursdays 11:00 - 12:00

This group is facilitated by Matthew Jordan MT-BC a Board Certified Music Therapist at Music Makes Connections Here in Boise. Often, the conditions that respond most dramatically to music therapy are those impacted by stress, mood, maladapted behavior, expressive/receptive deficits, anxiety, memory loss, cognitive impairments, relationship problems, addictions, disorganized thinking, and acute or chronic pain.

Expressive Arts & Crafts: Thursdays 12:00 - 1:00p

We will meet every week to craft our own unique creations, to keep or give as gifts. Classes will include soap making, mosaics, origami, candle making, beading, and more. A fun way to learn and create!

Music Jam: Thursdays 7:30 - 9:00p

We let loose our amps, instruments and intuitive sense of the great universal groove.

God and Recovery: Fridays 10:30 - 11:30a

The purpose of this group is to help our participants make positive and enduring changes in their lives.

Road to Recovery:

The Road to Recovery is a series of web- based training classes to help inform you about the potential for recovery from mental illness and substance abuse. The more aware we can all be about the reality of recovery, the more we can all focus on 'Getting better all the time'

WELL:

WELL is a series of classes that addresses finding and continuing wellness in all aspects of daily life. The WELL group is a time to listen and be heard. As skills are gained, wellness grows. The purpose of the class is not to provide advice or hard and fast answers but to encourage discussions of options and opportunities.

Do you have any special talent? Interest? Please let us know how we can help you succeed meeting your wellness goals and needs. Contact Jeb Bulmer at Bulmerj@yahoo.com