

Peer Living Room – Open 7:00am-7:00pm, 7 days a week!

Group Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-----------------------|----------------------|---------------------------|-------------------------------|------------------------------|---|-----------------------|
| 9:30-10:30 | Weekly Goals Group | Living in the Moment | Relapse Prevention Skills | Coping with Fear | Uniquely Me | 10:00 to 12:00 Creative Recovery Drop-In | Weekly Reflection |
| 11:30-12:30 | Open Discussion Group | Coping Skills 101 | Healthy Relationships | Positive Pathways to Recovery | Empowerment Skills | | Open Discussion Group |
| 1:30-2:30 | Movie/Games Group | Overcoming Anxiety | Recreational Recovery | Anger Management | Increasing Health & Wellness | Open Discussion Group | Movie/Games Group |
| 4:30-5:30 | | Video or Games Group | Video or Games Group | Video or Games Group | Video or Games Group | Video or Games Group | |

*Third Monday of the month = Community Resource Presentation – See PLR for flyer on what agency is being highlighted.

*Second and Fourth Wednesday of the month @ 10:30am = Richard's jam session and sing along.

*Quarterly on Tuesday at 9:30am = HIV/Hepatitis C testing and Hepatitis A vaccines – Free to everyone – See PLR staff for next date!

See Other Side for Group Descriptions

356 Biltmore Avenue, Asheville, NC

Phone: (828)254-2700 Extension # 7094

Effective: 06/02/2019



Weekly Goals/Weekly Reflection Groups – An opportunity to look forward to the week ahead or look back at the week you've experienced.

Living in the Moment - A mix of DBT & Seeking Safety skills that teach how to live fully in the present without dwelling in the past or worrying about the future.

Coping Skills 101 – Learn how to identify and develop new tools that will support your recovery journey.

Overcoming Anxiety – Learning the skills to cope with the effects of anxiety.

Video or Games Group – The PLR staff will either put on an informational video or introduce a new game for anyone who wants to participate.

Relapse Prevention Skills – Do you have the skills in place to prevent a relapse to substance use or mental health symptoms?

Healthy Relationships - Explores healthy & realistic expectations for authentic relationships by challenging beliefs and misconceptions about human sexuality and gender expression; to increase stress tolerance and resiliency to relapse.

Recreational Recovery - A group about the lighter side of recovery and learning how to get back to having more fun in life.

Coping with Fear – Working through the “Anxiety and Phobia Workbook” participants will get directions for mastering many tools to help decrease fear and panic.

Positive Pathways to Recovery – Promoting continued physical, psychological, social, and spiritual health.

Anger Management – Learn how to manage anger and other emotions instead of allowing them to manage you.

Uniquely Me – Explores many of the unique life experiences shared by those with mental illness.

Empowerment Skills – Assertiveness, financial recovery, and a variety of other skills to take back ownership of your life.

Increasing Health and Wellness – Examine healthy choices to improve your quality of life.

Creative Recovery Drop-In – Each week the PLR team will present a fun activity that participants can drop in and out of as they choose.

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