

**2018**

**Dance in the Rain Peer to Peer Mental Health Center**

Meetings are held at 145 Barnstable Rd Hyannis unless otherwise noted

Office Hours: Monday – Thursday 10:00AM – 4:00PM and 6:00PM on Wednesday  
unless otherwise noted

*\*Please drop in anytime during our office hours for a chat and check us out\**

*\*Open Art Studio Times: Mon. 12PM–4PM, Tue. 2PM-4PM, Wed. 12PM-5PM, Thur. 12PM-4PM\**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
10:00AM – 11:30AM <b>Freudian Sips</b>	10:00AM – 11:30AM <b>Just for Today</b>	10:00AM – 11:30AM <b>Freudian Sips</b>	10:00AM – 11:30AM <b>Just for Today</b>
11:30AM – 12:30AM <b>Musical Expression</b>	12:00PM – 1:30PM <b>Expressive Arts</b>	12:00PM – 1:00PM <b>Spiritual/Philosophical Discussion</b>	12:00PM – 1:00PM <b>Women’s Discussion</b>
12:45PM – 1:45PM <b>Emotions Workshop</b>	2:00PM – 2:45PM <b>Dual Recovery Workshop</b>	1:30PM – 2:45PM <b>Poetry Workshop</b>	1:30PM – 2:00PM <b>Metta Bhavana (Loving Kindness Meditation)</b>
2:00PM – 2:45PM <b>Peer Support</b>	2:45PM – 3:45PM <b>Tapestry Journaling</b>	3:30PM – 4:45PM <b>Wabi-Sabi Workshop</b>	3:00PM – 4:00PM <b>Peer Support</b>
3:00PM – 3:30PM <b>Meditation</b>		5:00PM – 6:00PM <b>Socializing</b>	

[www.danceintherain-wpa.org](http://www.danceintherain-wpa.org)

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**“Life is not about waiting for the storm to pass. It’s about learning to dance in the rain.”  
-Viviane Greene**

## Dance in the Rain Peer to Peer Mental Health Center

Mission Statement: *Dance in the Rain believes that peer to peer mental health supports is a collaboration between peers, developing outreach and prevention programs that reinforce peer engagement and self-empowerment. It is essential that our programs are culturally relevant and organically come from peers who seek to rebuild their lives and face the challenges living with a mental illness.*

### Meeting Descriptions:

**Freudian Sips:** Morning check-in for the day over coffee and friendship. Iron out the emotional wrinkles.

**Just for Today:** Share something that you will not think of just for today and your peers will help you release it.

**Musical Expression:** Be among friends and share and discuss the music you enjoy listening to. Learn about new genres of music. You might be surprised at what you're missing.

**Emotions Workshop:** Emotions can be the root of fear, anxiety, stress, low self-esteem, anger and more. Learn about the power of negative emotions. Discover and discuss strategies on how to release them when you begin to focus on negative emotions.

**Peer Support:** Meet with people like yourself who live with mental health disorders. Discuss the challenges and healing aspects of living with mental illness.

**Expressive Arts:** *"Igniting the Creative Mind."* With a variety of mediums individuals are encouraged to explore feelings and emotions in creative ways.

**Meditation:** Meditation focuses on breathing and mindfulness. It brings the mind and breath together to bring about peace and wholeness. The idea is to help the mind calm down and to feel the breath become slower and more deliberate. If you have never practiced meditation this might be the one for you.

**Dual Recovery Workshop:** Addictions and mental illness workshop and discussion.

**Tapestry Journaling Workshop:** From the moment you were born your experiences, thoughts and all that you do have been weaving your life tapestry. Come share a piece of it at this nice workshop. We offer prompts about life experiences for you to write about.

**Metta Bhavana "Loving Kindness Meditation":** Metta is the heartfelt wish for the well-being of oneself and others. When we have difficulty relating to others and ourselves with intentions of kindness, the practice of metta can help us see what we are feeling and propagate feelings of loving kindness.

**Poetry Workshop:** Paul Erba professor of Spanish literature/poetry/linguist and poet facilitates this workshop for poets of all levels. Come discover the poet within.

**Spiritual/Philosophical Discussion:** Come share your spirituality and understanding of different philosophies among friends. Learn about others and their journey

**Wabi-Sabi Workshop:** Learn about the ancient Japanese philosophy of finding beauty in imperfection. Create art from the world around you.

Please stop by to check us out. You don't have to attend the scheduled meetings. It's good to just get out and stop the cycle of isolation and be around your peers for some much-needed support.