

YOU NO LONGER HAVE TO GO IT ALONE! COME EXPERIENCE THE POWER OF PEER ENGAGEMENT.



December 2017

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 – 3:00PM unless otherwise noted

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

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Common Place Hang-Out 11:30AM 12:30PM</p> <p>How to Release Negative Emotions 12:45PM-1:45PM</p> <p>Peer Support 2:00PM-2:45PM</p>	<p>5</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Expressive Arts 12:00PM – 1:30PM</p> <p>Tibetan Meditation 2:00pm-3:00pm</p>	<p>6</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Yoga 12:00PM-1:00pm</p> <p>Expanding the Mind Creatively, Spiritually, Physically, and Nutritionally 1:30PM-2:45PM</p>	<p>7</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Tapestry Journaling Workshop 12:00PM – 1:00PM</p> <p>Metta Bhavana Loving Kindness Meditation 1:30PM-2:45PM</p>
<p>11</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Common Place Hang-Out 11:30AM 12:30PM</p> <p>How to Release Negative Emotions 12:45PM-1:45PM</p> <p>Peer Support 2:00PM-2:45PM</p>	<p>12</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Expressive Arts 12:00PM – 1:30PM</p> <p>Tibetan Meditation 2:00pm-3:00pm</p>	<p>13</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Tia Chi 12:00PM-1:00pm</p> <p>Expanding the Mind Creatively, Spiritually, Physically, and Nutritionally 1:30PM-2:45PM</p>	<p>14</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Tapestry Journaling Workshop 12:00PM – 1:00PM</p> <p>Metta Bhavana Loving Kindness Meditation 1:30PM-2:45PM</p>
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<p>25</p> <p>CLOSED FOR CHRISTMAS</p>	<p>26</p> <p>CLOSED FOR CHRISTMAS</p>	<p>27</p> <p>Freudian Sips Check-In 10:00AM-11:00AM</p> <p>Tia Chi 12:00PM-1:00pm</p> <p>Expanding the Mind Creatively, Spiritually, Physically, and Nutritionally 1:30PM-2:45PM</p>	<p>28</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Tapestry Journaling Workshop 12:00PM – 1:00PM</p> <p>Metta Bhavana Loving Kindness Meditation 1:30PM-2:45PM</p>
<p>1</p> <p>NEW YEARS</p>	<p>2</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Expressive Arts 12:00PM – 1:30PM</p> <p>Tibetan Meditation 2:00pm-3:00pm</p>	<p>3</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Yoga 12:00PM-1:00pm</p> <p>Expanding the Mind Creatively, Spiritually, Physically, and Nutritionally 1:30PM-2:45PM</p>	<p>4</p> <p>Freudian Sips Check-In 10:00AM-11:30AM</p> <p>Tapestry Journaling Workshop 12:00PM – 1:00PM</p> <p>Metta Bhavana Loving Kindness Meditation 1:30PM-2:45PM</p>

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.

Common Place Hang-Out: Be among friends who understand. Relax in a comfortable nonjudgmental atmosphere to break the cycle of isolation.

How to Release Negative Emotions: Negative 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.

Tibetan Meditation: Tibetan 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.

Yoga/Tia' Chi: Alternating Yoga and Tia Chi every other week to offer variety in keeping the mind and body healthy.

Expanding the Mind Creatively, Spiritually, Physically, and Nutritionally: Come experience and participate in groups, workshops, videos, discussions, experiments in the above topics and learn something new while having fun.

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.

*"Either you have dreams big enough to overcome your fears or you have fears big enough to overcome your dreams."
- Orrvin Woodward*

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.

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