

# PWC Support Circle Agenda

## January - December 2021

Last wednesday of the Month  
6:00 - 8:00 PM

- **Support Circle:**
  - Last Wednesday of every month from 6:00 - 8:00 PM
  - A **SAFE** space and **Confidential** space for peers
    - To share and discuss challenges and successes related to working as a peer whether employed and/or volunteer
    - Learn Coping Tools
    - Collaborating with other organizations for up-to- date information
      - Training
      - Webinars
      - Scholarships
      - Employment
      - Resources
  - Helps support peers to make their own decisions about their life
  - A good way to make their lives better
  - Helps peers to stay strong and be in control of their lives
  - Find out what the peer needs and how they can get resources
  - Share your story
  
- **January:**
  - H.A.L.T.: Hungry, Angry, Lonely, Tired
  - Build a habit of Asking yourself if you are H.A.L.T. and if you answer yes;
    - Take a short breath to eat
    - So something calming
    - Call a friend or close your eyes
  
  - You can take care of yourself by addressing your needs
  
- **February:**

- 5-4-3-2-1 Coping Technique
  - When you're overwhelmed, anxious or afraid
  - This technique takes your focus off your racing thoughts and back to reality of this moment
- Focus on what you perceive with your sense:
  - 5 things I see around me
  - 4 things I hear
  - 3 things I can touch
  - 2 things I can taste
  - 1 thing I can smell
- **March**
  - Meditation
  - Deep Breathing
  - Presentation
- **April:**
  - Changing Negatives to Positive
    - Poem and Discussion
    - Set Clear boundaries and respect those boundaries?
    - Continue pursuing your own interest
    - Do something for someone else
- **May:**
- **Self-care Inventory:**
  - Worksheets
- **Rev. Dr. Alfonso Wyatt, Founder Strategic Destiny:**
  - Designing Futures Through Faith And Facts
- **June:**
  - Healthy Lifestyle:
  - Sleep
  - Physical activity/Yoga
  - Eat well
  - Support Groups
  - Educate yourself
- **July:**
  - Primary Care Givers
    - Tips on how to take care
    - Be gentle to yourself

- **August:**  
**Subject to Change: Crystal Small**
  
- **September**
  - Winter Blues
  
- **October:**
  - Preparing for the Holidays
  - Create a Holiday Plan
  
- **November:**
  - Keeping Connections/Networking
  - How to tell your story
  - Changes or additions to your Holiday plan to be ready for “What to do for the holidays”
  
- **December:**
  - Holidays
    - How to cope during the holidays
    - Putting your plan into action