

P.I.E.R.

Personal Involvement Empowering Recovery (PIER) provides structured, small-group classes and recreational activities in an environment that encourages individual initiative and development of a social network that puts participants on a path of positive self-awareness, growth and recovery.

PIER encourages participation in daily operations as well as activities. PIER classes show individuals how to respond to challenges within their lives and within themselves. These include basic life skills of how to shop for and cook a healthy, low-cost meal; or how to locate and apply for a job; how to use their inner resources for their own benefit through anger management; how to develop a Wellness plan for personal growth. PIER provides a place for the pursuit of a healthy, holistic life style through which the individual is able to achieve wellness within a matrix of new relationships based on self-understanding, mutual acceptance and self-esteem.

Mission Statement

A peer-supported educational and socialization program, PIER offers a growth and healing opportunity to those with mental health and substance use disorders in an environment that fosters enhancement of their individual capabilities and talents. PIER seeks to strengthen and expand wellness in individuals whose life experiences have changed the way they think, act and feel. PIER encourages individuals to reach their full potential and to continue wellness.



Vision Statement

PIER envisions a healthy society in which individuals, including those who have experienced social, educational and economic barriers as a result of mental or substance use disorder, are able to achieve their full potential as participating community members. Success will be accomplished through participation in peer-operated educational, socialization, wellness and recovery programs.

MONDAY

- ***Recovery 101:** 10am to 11am
- ***Computer Basic:** 11am to 12pm
- ***Grief Support:** 1pm to 2pm
- ***Parenting Class:** 2pm to 3pm

TUESDAY

- ***Double Trouble in Recovery:** 11am to 12pm
- ***Music Class:** 1:00pm-2:00pm
- ***Effective Problem Solving: communication skills:** 2pm to 3pm
- ***Wellness Troop:** 3pm to 4pm

WEDNESDAY

- ***Domestic Violence:** 10am to 11am
- ***NAMI Connections:** 11am to 12pm
- ***Creative Crafts:** 1pm to 3pm
- ***Cooking Class:** 3pm to 5pm
- ***Recreation Night:** 5pm to 8pm
- ***Double Trouble in Recovery:** 7pm to 8pm



MON/TUES- 9am- 5pm
WEDNESDAY-10am- 8pm
THURSDAY-9am- 5pm
FRIDAY-10am- 8pm



THURSDAY

- ***Relationships Class:** 11am to 12pm
- ***Anger Management:** 2pm to 3 pm
- ***Manage Your Stress:** 3pm to 4pm
- ***Employment Help:** 3pm to 5pm

FRIDAY

- ***Living in Wellness:** 12pm to 1pm
- ***Freestyle Writing:** 1:30pm to 2:30pm
- ***Working Towards Wellness:** 2:30pm to 3:30pm
- ***Attacking Anxiety:** 4pm to 5pm
- ***Fun Friday:** 5pm to 8pm

*GAME ROOM, MUSIC, CRAFTS, SNACKS
AND MORE!!*

**Contact P.I.E.R directly at
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