



## Gainesville Peer Respite

*Support. Hope. Transformation.*

Warmline: (352)559-4559 (Available 24/7)  
728 E. University, 32601, Gainesville FL

## Online Groups

Due to the recent COVID-19 pandemic, Gainesville Peer Respite will be transitioning to ZOOM video conferencing to provide one-on-one peer support and peer support groups.

[Click Here](#) to register for peer support groups

or email us at [support@gainesvillerespite.org](mailto:support@gainesvillerespite.org)

***ZOOM is HIPAA-compliant so all of your private information will remain confidential***

### Weekly Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 am</b> Wellness Wakeup	<b>9:00 am</b> Wellness Wakeup	<b>9:00 am</b> Peer to Peer	<b>10:00 am</b> Mindfulness	<b>9:00 am</b> Wellness Wakeup	<b>9:00 am</b> Wellness Wakeup	<b>9:00 am</b> Wellness Wakeup
<b>1:00 pm</b> Trauma informed Peer Support	<b>1:00 pm</b> Trauma Informed Peer Support	<b>12:00 pm</b> Recovery Your Way		<b>11:00 am</b> Mindfulness		<b>1:30 pm</b> WRAP
<b>3:30 pm</b> Busy as a Bee	<b>4:00 pm</b> Reflections of You	<b>4:00 pm</b> Creative connections	<b>4:00 pm</b> Creative Connections	<b>4:00 pm</b> Reflections of you	<b>3:30 pm</b> Busy as a Bee	<b>3:30 pm</b> Helping Hands for Helping Fields
<b>5:30 pm</b> Peer to Peer	<b>5:30 pm</b> Peer to Peer	<b>5:30 pm</b> Social Cues	<b>5:30 pm</b> Social Cues	<b>5:30 pm</b> Peer to Peer	<b>5:30 pm</b> Peer to Peer	<b>5:30 pm</b> Peer to Peer
<b>7:00 pm</b> Mental Health Self Advocacy	<b>7:00 pm</b> Mental Health Self Advocacy		<b>7:00 pm</b> Celebrating Neuro- diversity		<b>7:00 pm</b> Mental Health Self Advocacy	<b>7:00 pm</b> Celebrating Neuro- diversity

## Group Descriptions

<b>Wellness Wakeup</b>	<b>Mon, Thurs, Fri, Saturday, Sunday 9:00 am – 10:00 am</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>
<p>Mornings are a time for self-care. A time to be gentle with ourselves as we prepare our bodies and minds for both the joys and challenges of the day ahead. Our wellness wakeups are a space for us to do this</p>	

<b>Trauma informed peer support</b>	<b>Sunday, Monday 1:00 pm – 2:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>
<p>This group takes a similar format to our peer to peer, but is devoted more specifically to those who have had traumatic experiences. The groups differ not only in their subject matters, but also in terms of the type of conduct expected of guests during groups. This is a space that is trauma sensitive, and guests who participate are expected above all else to recognize, respect, and support the experiences of others as legitimate and valid. This group often serves as an open forum for guests to discuss their experiences, share the wellness and coping strategies that have helped them so far, and to offer hope and support for one another as we create a space for us all to heal and become well.</p>	

<b>Mental Health Self Advocacy</b>	<b>Friday, Sunday 7:00 pm – 8:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>
<p>This group is devoted to providing guests with a fundamental understanding of mental health services with the goal of empowering them to be both educated and active consumers of said services. The goal is to empower guests to feel confident in asking the right questions of their mental health-care provider, to provide guests with a sense of agency in their recovery process, and to give them the confidence to be assertive about what they want and don't want in terms of their treatment plan through the use of power statements.</p>	

<b>Recovery Your Way</b>	<b>Tuesday 12:00 pm – 1:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>
<p>A peer led support group that welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle. Meetings are all inclusive, meaning all pathways of recovery are embraced here. This group meets you where you are at in your recovery process and provides non-judgmental support. "Your Voice, Your Choices, Your Recovery".</p>	

<b>Creative Connections</b>	<b>Tuesday ,Wednesday 4:00 pm – 5:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

A space for guests and staff to channel their experiences, thoughts and feelings into various forms of media. Whether it be in the form of music, painting, drawing, poetry or prose, this is a time for guests to express their thoughts, feelings, and experiences that otherwise can't be expressed in words.

<b>Mindfulness</b>	<b>Thursday 11:00 am -12:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

Mindfulness can have many different meanings depending upon each peer's experience. This group will focus on how being mindful of our thoughts, behaviors, words, and actions promotes a better understanding of ourselves on a deeper level. Mindfulness is a part of a personal journey and during this group-space peers have the opportunity to learn from one another's experiences. "Meditation is the discovery that the point of life is always arrived at in the immediate moment." – Alan Watts

<b>Helping Hands for Helping Fields</b>	<b>Saturday 3:30 pm – 4:30 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

This group is designed to create a safe space for professionals working in any of the helping fields. This is an inclusive group where individuals are encouraged to speak about their experiences. Some topics that will be discussed include: career burnout, compassion fatigue, self-care, stressor surrounding setting boundaries between work and home life, and any added topics as the needs of the group evolve.

<b>Social Cues</b>	<b>Tuesday Wednesday 5:30 pm – 6:30 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

This is a group devoted to promoting awareness of different aspects of effective and non-violent communication. Some areas of focus are aspects of non-verbal communication, strategies for effective conflict resolution, the use of "I statements" and active listening, and asserting and maintaining personal boundaries within interpersonal relationships. The format of these groups often begins as a structured forum for sharing experiences in which communication broke down, and then taking turns role-playing as different participants in those interactions in order to learn how to navigate those challenging social situations more successfully in the future.

<b>WRAP</b>	<b>Saturday 1:30 pm – 2:30 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

Continue working on WRAP plan with Fellow Peers. Wrap is a prevention and wellness process developed by Mary Ellen Copland that anyone can use to promote wellness.

<b>Celebrating Neuro-diversity</b>	<b>Wednesday, Saturday 7:00 pm – 8:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

This group is focused on redefining our experiences not as being the result of flaws or illness, but as unrecognized gifts. We strive to empower and affirm one another with the belief that what society has told us are disabilities are actually incredible abilities that we were simply never taught how to use. The goal is to reframe our self-concept to include nuances that acknowledge the fact that many of the things that modern medicine considers disorders are actually highly adaptive and valuable in different contexts, as well as to open a forum to discuss the possibility that it is in fact the way that we have structured our society that causes dysfunction in our lives rather than some innate flaw within ourselves.

<b>Peer to Peer</b>	<b>Thurs, Friday, Saturday, Sunday 5:30-6:30 pm</b> <b>Tuesday 9:00 am – 10:00 am</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

Peer to Peer is a space for us to share our lived experiences with others, as well as our perspectives and thoughts in a mutually supportive and collaborative environment. These groups are fairly unstructured for the most part, and are often used as a forum for people to check in with one another and discuss our day to day or week to week experiences, struggles, and successes.

<b>Busy as a Bee</b>	<b>Friday, Sunday 3:30 pm – 4:30 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>

This group is devoted to providing a space for peers living with shared experience of dealing with the demands of our minds/bodies/spirits to always be in constant activity. The goal of this group is to promote a conversation surrounding healthy ways that peers can use in order to focus on spending less time on the “constant go”, and more time enjoying life.

<b>Reflections of You</b>	<b>Monday, Thursday 4:00 pm – 5:00 pm</b>
	<a href="#">Click to Join</a> <b>Meeting ID 352-559-4559</b>
<p>A space devoted to the process of collaborative introspection. Guests take turns reflecting on particular topics raised by our peer specialists, wherein we help one another to question and reevaluate our beliefs, habits, attitudes, thoughts and feelings in a safe and mutually supportive environment. Topics vary from group to group, and may include things like reflecting on whether or not our self-criticism is constructive or toxic, whether or not our habits serve our best interests or hold us back, or whether our attitudes are conducive to our individual wellness goals</p>	