

Peer Support, Wellness, and Respite Centers of Georgia

Wellness Activity Summaries



This summary represents most of the regularly planned activities at the five Peer Support, Wellness, and Respite Centers throughout the state. Not all activities are offered at every location. Please visit our website at www.gmhcn.org for a current schedule of activities by location. In addition to the activities listed here, each Center has a special function for every major holiday, and many special events (such as the Super Bowl).

Aroma Therapy – We use aroma, music, imagery, meditation, and other easy-to-do techniques to come to an inner peace.

Art Exploration – We use a variety of art media for self-expression and exploration.

All Recovery – Y'All Recovery meetings at each PSWRC location follow the All Recovery meeting format and support multiple pathways to recovery, including but not limited to twelve-step, faith-based, medication-assisted, and natural.

BINGO – Join us for BINGO with prizes!

Boosting Self Esteem – Building self-esteem, fostering hope, and realizing your own vision.

Bowling – Let's do this! Check PSWRC activity schedules for details and locations.

Community Outing – Let's go places, see sites, learn about resources in the community.

Computer Skills – Learn basic computer skills to access unlimited resources online.

CPS Study Group – Arrange with peers to meet at the PSWRC to study for the CPS exam. Must be a CPS training graduate.

Creating a Meaningful Life – Investigate what gives meaning to your life and how to increase meaningful moments, explore desires, and create change.

Creative Expressions – Share different forms of creative writing, such as original poetry, spoken word, prose, and short stories.

Decompression Session – This is your time to vent and release all your stress from the week. Enjoy different relaxing alternatives such as warm tea, relaxing music, stretching, meditation, and art. Share, vent, laugh, decompress to de-stress.

Double Trouble in Recovery – A twelve-step program supporting individuals in recovery from both mental health and addictive disease challenges.

Emotional Wellbeing Support – Exploring positive and negative emotions with compassion and support.

Exploring Relationships – Let's explore the dynamics of relationships, such as setting and maintaining personal boundaries, listening and communicating effectively.

Financial Planning – Share and learn practical ways to budget and save money.

Hearing Voices Network – Are you a person who hears voices? Do you want to talk openly about it without labels, judgments, or coercion? This is a safe place to talk freely and openly about your experiences.

Housing Support – We all want affordable, decent housing! We're here to support each other with resources, networking, and housing opportunities.

Issues in Mental Health – Let's discuss the real issues in mental health -- in the news, with drug companies, legislation, informed consent, advocacy, etc. Let's explore what does and does not support us in recovery.

Job Readiness – Network with peers and discover resources to assist in a job search, get support and assistance with resumes and interviewing tips.

Let's Laugh – It Feels Good! Watch online videos, comedy routines, tell jokes, do whatever makes you laugh.

Men/Women's Support – We split into two groups for this activity and talk openly and comfortably about issues that affect our lives.

Movies and Games – Weekends are for hanging out and having some good old-fashioned fun with board games, cards, and movies. Bring in your favorite game if you like.



Musical Expressions – Exploring the musical soundtracks of our lives!

Nourishing the Spirit – Explore different ways to enhance your connection with your inner wisdom and higher power.

Peer Community – Join us for news and announcements. This is a good time to bring up issues that affect the PSWRC community at large.

Peer Zone – a set of interactive workshops created by Mary O'Hagan and Sarah McCook. The activities are engaging and relevant to peers on the recovery path

Resources Support – Find what you need in the community, on the internet, and through networking. Food, clothes, housing, support groups, lots of giveaways in Atlanta!

Respite Support – Every evening we're offering Respite Guests some added support during their stay.

Self-Care – An important part of our wellbeing and self-worth, so let's reflect on how we are taking care of ourselves today and what we can do better.

Super Sports Sundays – Football, basketball, baseball, popcorn, peers. What a dynamic combination! Come cheer your team on in front of the TV and have a blast!

Trauma-Informed Peer Support – In this activity, trauma is explored as something that “happened” to us rather than what’s “wrong” with us.

Wellness Walk – Walk the city blocks with your peers and get your energy going! We can have fun and get fit!

WHAM: Whole Health Action Management – Learn to implement creative, positive, and measurable goals to work toward the life you want.

Whole Health – Exploring the physical, emotional, and spiritual aspect of our lives and how they intertwine.

Whole Health Cooking – Healthy meals on a budget and easy preparation.

WRAP Planning - WRAP (Wellness Recovery Action Plan) assists with developing a wellness plan that keeps you in control of your wellness and recove

Locations and Hours

Each Peer Support, Wellness, and Respite Center is operated 24 hours for respite (overnight) participants, and daily 10am-6pm for activities and resources. For more information about activities or accessing a respite bed, please contact the center nearest you, or email wellnesscenter@gmhcn.org.

Peer Support and Wellness Center of Decatur

Address: 444 Sycamore Drive, Decatur, GA 30030
Phone: 404-371-1414

Peer Support, Wellness, and Respite Center of Bartow County

Address: 201 North Erwin Street
Cartersville, GA 30120
Phone: 770-276-2019

Peer Support, Wellness, and Respite Center of Colquitt County

Address: 417 2nd Street SE, Moultrie, GA 31768
Phone: 229-873-9737

Peer Support, Wellness, and Respite Center of Henry County

Address: 67 Keys Ferry Street, McDonough, GA 30253
Phone: 678-782-7666

Peer Support, Wellness, and Respite Center of White County

Address: 46 Knaus Drive, Cleveland, GA 30528
Phone: 706-865-3601

Peer support is also available 24 hours a day, 365 days of the year on Georgia's Peer2Peer Warm Line at 888-945-1414.

Georgia's Peer Support, Wellness, and Respite Centers are operated by the Georgia Mental Health Consumer Network, a peer-led, peer-run organization founded in 1991, whose mission is to promote recovery through advocacy, education, employment, empowerment, peer support, and self help, and to unite as one voice to support the priorities set each year at the annual statewide peer conference. To become a member of GMHCN, or learn how to become more involved in Georgia's recovery community, please visit us online at www.gmhcn.org or email info@gmhcn.org.

Georgia's Peer Support, Wellness, and Respite Centers are peer-run alternatives to traditional mental health day programs and psychiatric hospitalization. Each of the five Peer Support, Wellness, and Respite Centers has respite rooms available to citizens of Georgia, available 24 hours a day, year-round. Peers often use Respite to avoid psychiatric hospitalization. An individual must have a Proactive Interview on file before being eligible for Respite. They must also be at least 18 years of age, self-identify as a person who is a consumer of mental health services, have a house tour, and sign Participation Guidelines. Peers are welcome to participate in all activities, regardless of whether that are staying overnight. Activities vary by location, and may be impacted by special events, holidays, or weather, so please call ahead to verify the schedule. For information on holiday activities, please follow us on Facebook or sign up for our email distribution list at www.gmhcn.org. The Peer Support, Wellness, and Respite Centers are a project of the Georgia Mental Health Consumer Network, and are funded through a contract with the Georgia Department of Behavioral Health and Developmental Disabilities. For more information, please visit www.gmhcn.org

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