

DIGITAL COMMUNAL GATHERINGS

12PM & 6PM (EST) MONDAY-SATURDAY

Free digital peer support for anyone, anywhere. 18+.

MON	12PM: GENERAL CHECK-INS 6PM: GENERAL CHECK-INS
TUE	12PM: GENERAL CHECK-INS 6PM: TOPIC TUESDAY
WED	12PM: GENERAL CHECK-INS 6PM: GENERAL CHECK-INS
THU	12PM: TRIVIA THURSDAY 6PM: GENERAL CHECK-INS
FRI	12PM: GENERAL CHECK-INS 6PM: VIRTUAL SHOW & TELL
SAT	12PM: GENERAL CHECK-INS 6PM: GENERAL CHECK-INS

ON THIS CALL WE:

- Understand that this is a gathering of community supporting one another, not a clinical support group.
- Welcome ALL folks.
- Are uplifting and nonjudgemental,
- Understand that everyone is unique and we hold space for differing feelings, recovery paths, or opinion.
- Understand that it is, "okay to not be okay".
- Ask before giving advice
- Will not tolerate any prejudice, racism, or problematic language aimed at any community.
- Respect that what is said here stays here.
- It's okay not to share, just listening is also valuable.
- Give everyone an equal chance to share.

CALL-IN INFORMATION

ANY 12PM CALL:

LINK: [ZOOM.US/J/284580732](https://zoom.us/j/284580732)
CALL IN NUMBER: 1 929 205 6099
MEETING ID: 284-580-732

ANY 6PM CALL:

LINK: [ZOOM.US/J/659519104](https://zoom.us/j/659519104)
CALL IN NUMBER: 1 929 205 6099
MEETING ID: 659-519-104

Find additional community-specific gatherings, donate, or learn more at Peersupportspace.org/covid-response



Peer Support Space, Inc.

Where Chosen Family
Heals Together.

Outdoor social x2 per month, learn more at:
plantinghopegardening.eventbrite.com

COMMUNITY-SPECIFIC CALLS

The following are free, non-clinical, peer-led support groups hosted by Peer Support Space taking place in Eastern Time (EST). No registration required. Use the zoom link on computer or zoom phone app to enter. Alternatively you may call in by dialing 1 929 205 6099 from your phone and then enter the groups meeting ID.

Please contact Dandelion@peersupportspace.org for more information.

AUTISM GROUP

1ST THUR @ 6:30PM

Autistic adults of all levels of independent living joining to build new friendships, expand social skills, and grow support systems with similar experienced individuals.

zoom.us/j/84397775362

Meeting ID: **843 9777 5362**

BUTTERFLY TALKS

2ND & 4TH THURS @ 6:30PM

A space to build friendships and a sense of community for **LGBTQ+ people of marginalized genders** including womxn, nonbinary folx, and trans men.

zoom.us/j/751272970

Meeting ID: **751 272 970**

DISABILITY (IS NOT A BAD WORD)

1ST & 3RD TUES @ 6:30PM

A group for folks who are **disabled** (self-defined), or anyone who is navigating living outside of the spectrum of neurotypical and/or able-bodied norms.

zoom.us/j/81956891597

Meeting ID: **819 5689 1597**

GENDER QUEER

1ST & 3RD TUES @ 8PM

A gathering to build support and friendships with other individuals who identify as **gender queer**. Additional Non-binary craft nights every Wednesday at 8PM.

zoom.us/j/751272970

Meeting ID: **819 5689 1597**

HABLEMOS MÁS

LAST TUES @ 11AM

Lanzamos nuestro primer grupo de peer support (apoyo de pares) en español. A peer-led group for **Spanish-Speakers**.

zoom.us/j/89363634124

Meeting ID: **893 6363 4124**

LOTUS

2ND FRI @ 6:30PM

A space for **LGBTQ+ Asians** to forge community, form friendships, and discuss topics.

zoom.us/j/889921002

Meeting ID: **889-921-002**

PARENTS GATHERING

2ND & 4TH THURS @ 10:30AM

A peer-led digital gathering for all expecting, new, and seasoned **parents**. We welcome birth, adoptive, LGBTQ+, unconventional, step and otherwise self-defined parents.

zoom.us/j/99405600532

Meeting ID: **994-0560-0532**

TAKE CARE OF YOU!

4TH SAT @ 1:30PM

A group for **healing professionals** to “take off their work caps” and support one another in order to build support systems and combat burnout with others in similar shoes.

zoom.us/j/87910141671

Meeting ID: **879 1014 1671**

UN-BLOCKED

3RD THUR @ 6:30PM

A nonjudgmental gathering for **writers** of all levels to practice self care and share tips, support, and stories with other creative writers.

zoom.us/j/852052146

Meeting ID: **852 052 146**

YOUR BLACK MATTERS

LAST MON @ 6PM

A space led for and by the **Black Community** in order to hold space and give one another support.

zoom.us/j/87351503479

Meeting ID: **873 5150 3479**

Learn more at: peersupportspace.org/covid-response

PLANTING HOPE GARDENING WORKSHOPS

These workshops is designed for **individuals that want to explore gardening as a wellness tool** while building their support system in a space where it is okay to not be okay. All levels of gardening experience welcomed.

880 MARTIN LUTHER KING JR. BLVD.

**9:30AM THE 1ST WEDNESDAY
& 3RD SATURDAY OF
EACH MONTH**



BROUGHT TO YOU IN
PARTNERSHIP BY BLUE TRUNK
COMMUNITY NETWORK AND PEER
SUPPORT SPACE



**LIMITED TO 6 GARDENERS TO PRACTICE SOCIAL DISTANCING.
PLEASE REGISTER BY VISITING
PLANTINGHOPEGARDENING.EVENTBRITE.COM**