

The Growth Gatherings:

Increasing Recovery by creating fun events for life!





A Question for you...

- ▶ Do you think that meaningful activities are a necessary part of recovery?
- ▶ (Response / Dialog)
- ▶ Activity Worksheet



The Why:

- ▶ It's a way to come together and have a fun time.
- ▶ Bringing overall positivity into members lives.
- ▶ Encouraging members to participate in the event planning to add to diversity in the creative activities.
- ▶ Shared culture influence and social interactions to learn and love.



The Who:

- ▶ Anybody experiencing anxiety social issues
- ▶ Major Depressive disorders
- ▶ TBI
- ▶ PTSD/PPD
- ▶ ADHD
- ▶ LGBTQ+
- ▶ Seniors
- ▶ Anyone who wants to experience the social gathering enjoying good company and positive vibes.

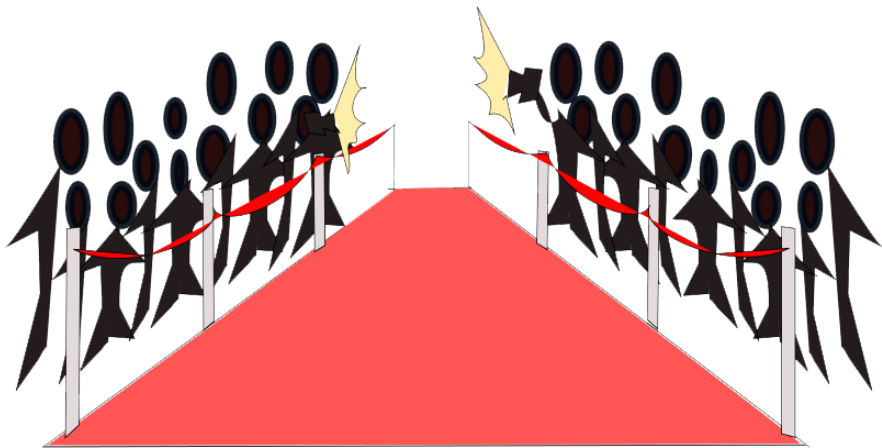
The What: Activities



- ▶ Volunteering events
- ▶ Senior support activities
- ▶ Themed Partys
- ▶ Decorating Committee
- ▶ Fun-raising events
- ▶ Community Clean up crew
- ▶ Craft groups
- ▶ Game night
- ▶ Picnics
- ▶ Coffee/Tea Chats
- ▶ Potlucks

What are some other activities that would help you to feel good and included?

Growth Gathering Sites :



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Locations:

- ▶ Libraries
- ▶ Parks
- ▶ Clinic
- ▶ ADA friendly sites
- ▶ VA halls
- ▶ Banquette Halls
- ▶ Peer spaces
- ▶ Volunteer sites

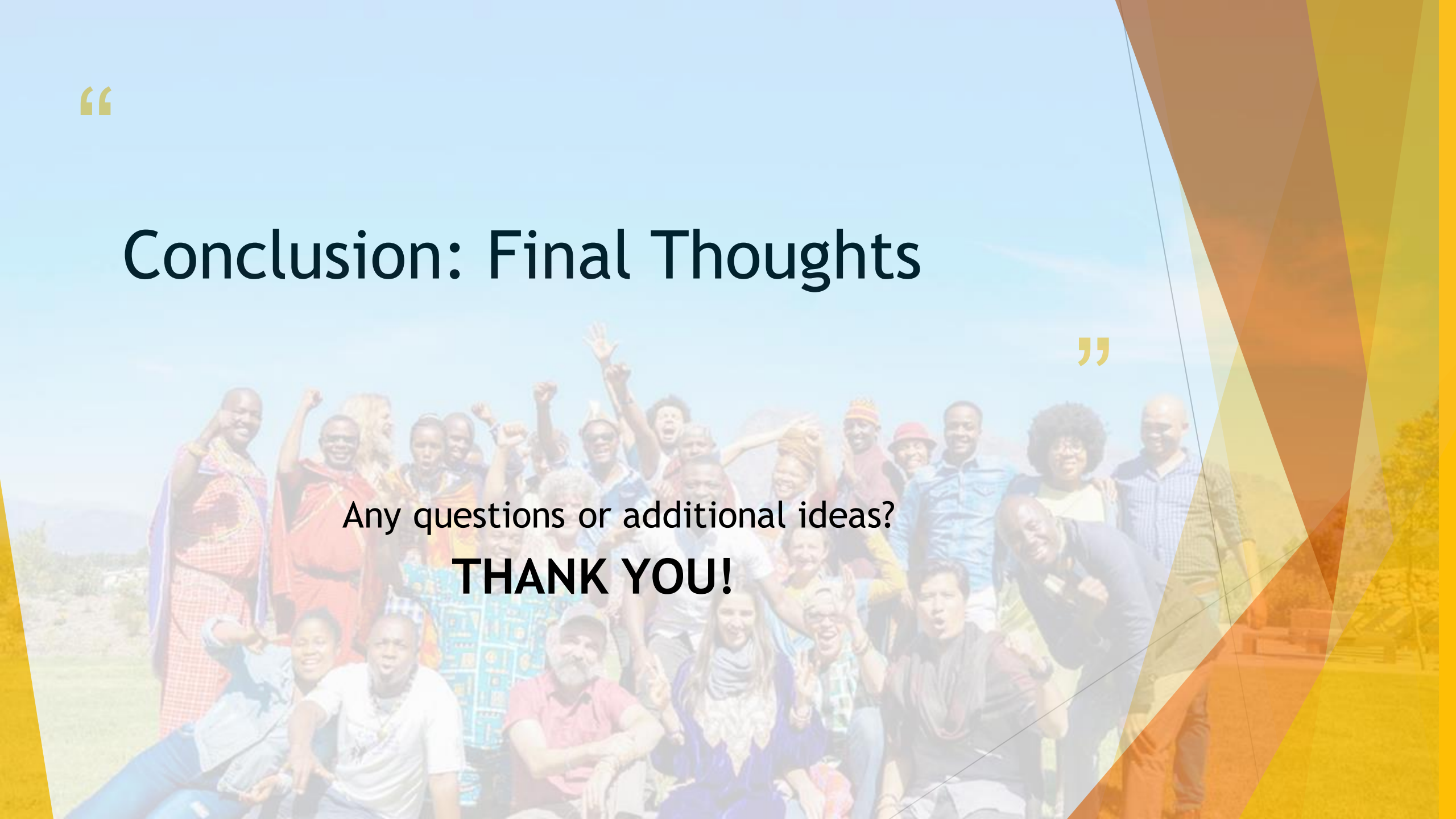
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Conclusion: Final Thoughts

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Any questions or additional ideas?

THANK YOU!



Let's Connect and Discover Together!!

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