



The Farm at Penny Lane

UNC Center for
Excellence in
Community
Mental Health

Wellness Wednesdays

UNC Farm at Penny Lane

Fall Sessions:

September 18 - November 20, 2019

Wellness Wednesdays is a collection of weekly group-based activities focused around promoting overall health and well-being for adults living with mental health conditions who are served by the *UNC Center for Excellence in Community Mental Health*.

Groups are located at the UNC Farm at Penny Lane (263 Penny Lane, Pittsboro, NC 27312) about 8 miles from Carrboro/Chapel Hill. Transportation is available from the CVS parking lot/pavilion at Carr Mill Mall and back for each Wednesday, departing at 9:30am and returning at 3:00pm. When registering, please note if you will need the shuttle. Participants are welcome to attend only the groups that interest them; however, transportation is only available at these times and participants will need to find other transportation if they choose to arrive or leave at different times.

Tea and water are available throughout the day.

Individuals should be able and willing to commit to attending a group about 75% of the time. Groups are flexible and students are free to take a break at anytime.

See the attached schedule.

Please register for a group by contacting Matt Ballard at (919) 445-0665 or matthew_ballard@med.unc.edu. You can also register by filling out the Group Registration Form and have your clinician send in completed.

Group Schedules and Descriptions

- Shuttle departs from Carr Mill to the Farm 9:30 am
- Yoga & Movement 10:00 am - 11:00 am

Instructor: Amritari Martinez, MA, E-RYT

This group focuses on using yoga therapy techniques to promote wellness and reconnect the mind and body. Sessions may include gentle stretching and twisting, yoga asanas (postures), breathing techniques and guided imagery. The instructor emphasizes listening to yourself, making your own choices and feeling empowered.

- Mindfulness Skills 11:00 am - 12:00 pm

Facilitator(s): Amy Wright & Kyra DeKoning

This group focuses on building helpful skills to be more present in the moment as a way of accepting ourselves and making positive changes from there.

- Cooking Lessons (meal included) 12:00 pm - 2:00 pm

Facilitator(s): Kyra DeKoning & Amy Wright

This group focuses on healthy and delicious cooking instruction and participation on a limited budget. Sessions will include accessible recipes to take home that will be selected by the group. Meals will include produce grown from the Farm at Penny Lane.

- Shuttle departs from the Farm to Carr Mill 2:30 pm

Contact:

Matt Ballard, MSW
Program Manager
263 Penny Lane
Pittsboro, NC 27312
matthew_ballard@med.unc.edu
(919) 445-0665 Office
(919) 533-9397 Cell

**UNC Farm at Penny Lane
Group Registration Form**

Date:

Name:

Preferred name:

DOB:

Address:

Preferred phone:

Email address:

Which is the best way to reach you? Text Phone Call Email

Emergency Contact Name:

Relationship to Emergency Contact:

Emergency Contact Phone Number:

I will need transportation to the Farm from Carr Mill Mall at 9:30 am: Yes No

Name of Clinician at the UNC STEP or other Center Clinic:

Please list the group(s) you want to register for.

Briefly explain how you think the group(s) would benefit you?

Do you have any concerns about your ability to participate in the group learning environment?

If "Yes," how might we help support or accommodate you?