



# The Farm at Penny Lane

UNC Center for  
Excellence in  
Community  
Mental Health

## Wellness Wednesdays

Spring 2020 Sessions:

February 5 - April 15

\* skip week of March 11 \*

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 10:30am and returning by 3:15-3:30pm. 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.

Coffee, tea and water are available throughout the day.

We encourage individuals to attend groups if they are able and willing to commit to a group about 75% of the time. Groups are flexible and participants 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 (office), 919-533-9397 (Google Voice), or [matthew\\_ballard@med.unc.edu](mailto: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 10:30 am
- Cooking Healthy & Affordably (meal included) 11:00 am - 12:50 pm

Facilitator: Shreya Gunna & Taylor Brant

*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.*

- Social Wellness Skills 1:00 pm - 1:50 pm

Facilitator: Amy Wright

*This interactive group focuses on increasing skills for building and maintaining healthy social relationships and navigating challenging social situations so that we can have more fulfilling relationships.*

- Yoga & Movement 2:00 pm - 2:50 pm

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.*

- Shuttle departs from the Farm to Carr Mill 3:00 pm

## Contact:

Matt Ballard, MSW  
Program Manager  
263 Penny Lane  
Pittsboro, NC 27312  
[matthew\\_ballard@med.unc.edu](mailto: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 10:30 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?