

JANUARY

Porterville Wellness Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Closed</i></p>	<p>3. 9:30 Fitness Challenge 11:00 Music Expression 11:00 Cooking with Peers: Spam & Eggs 12:00 Self-Care 12:00 Art Journaling</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>4. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p>	<p>5. 9:30 Fitness Challenge 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Waffles 12:00 Self-Care</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> <p>Rapid Testing HIV & Syphilis SOURCE HIV • STD • TB • STI • BLS • ALC ALTURA 12pm-2pm</p> <p>NAMI Family Support Group 6PM</p>	<p>6. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Jumpstart January!</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime</p>
<p>9. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p>	<p>10. 9:30 Fitness Challenge 11:00 Music Expression 11:00 Cooking with Peers: Chorizo & Eggs 12:00 Self-Care 12:00 Art Journaling</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>11. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p> <p>Peer Advisory Committee 1pm</p>	<p>12. Closed for Staff Development</p>	<p>13. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 National Sticker Day</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime</p>
<p>16. MARTIN LUTHER KING, JR. DAY I HAVE A DREAM</p>	<p>17. 9:30 Fitness Challenge 11:00 Music Expression 11:00 Cooking with Peers: Biscuits & Gravy 12:00 Self-Care 12:00 Art Journaling</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>18. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p>	<p>19. 9:30 Fitness Challenge 9:30 Art Journaling 11:00 MHSA Presentation 11:00 Cooking with Peers: Pancakes 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p>	<p>20. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Bingo</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime</p>
<p>23. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p>	<p>24. 9:30 Fitness Challenge 11:00 Music Expression 11:00 Nutrition Presentation with: FamilyHealthCare NETWORK 12:00 Self-Care 12:00 Art Journaling</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>25. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Board Games 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p>	<p>26. 9:30 Fitness Challenge 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers: Chilaquiles 12:00 Self-Care 2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p>	<p>27. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Birthday Celebration</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:00 LGBTQ+ 3:30 Anime</p>
<p>30. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 11:00 Arts & Crafts 12:00 Board Games</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p>	<p>31. 9:30 Fitness Challenge 11:00 Music Expression 11:00 Cooking with Peers: Hashbrowns 12:00 Self-Care 12:00 Art Journaling</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>		<p>Hours of Operation: Monday-Thursday 8:30AM-5:00PM Friday 9:30AM-5:00PM</p> <p>333 W. Henderson Avenue Porterville, Ca 93257 559-570-5000</p>	