





















The Porterville Wellness Center



Monday	Tuesday	Wednesday	Thursday	Fun Friday
<p>Various Social Groups And Activities From 1:00pm to 2:00pm</p> <p>*Todos los grupos son ofrecidos en Español</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>	 <p>PORTERVILLE WELLNESS CENTER</p>	 <p>WELLNESS • RECOVERY • RESILIENCE</p>	<p>1. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Pies, Fries & The 4th of July</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:30 LGBTQ+ 3:30 Dungeons & Dragons</p> 
<p>4.</p> <p>Closed for 4th of July</p> 	<p>5. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Waffles) 12:00 Self-Care 12:00 Arts & Crafts</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>6. 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>7. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers (Blueberry Pancakes) 12:00 Self-Care</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>8. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Video Game Day</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:30 LGBTQ+ 3:30 Dungeons & Dragons</p> 
<p>11. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 12:00 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>12. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Omelets) 12:00 Self-Care 12:00 Arts & Crafts</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>13. 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>14. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers (Breakfast Sandwich) 12:00 Self Care</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>15. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Ice Cream Social</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:30 LGBTQ+ 3:30 Dungeons & Dragons</p> 
<p>18. 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>19. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Breakfast Burrito) 12:00 Self-Care 12:00 Arts & Crafts</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p> 	<p>20. 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>21. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers (Fruit Parfait) 12:00 Self-Care</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>22. 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 3:30 LGBTQ+ 3:30 Dungeons & Dragons</p> 
<p>25.</p>   <p>Staff Development Day</p>	<p>26. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Chorizo and Eggs) 12:00 Self-Care 12:00 Arts & Crafts</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>27. 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>28. 9:30 Gardening 9:30 Art Journaling 11:00 Coping with Stress 11:00 Cooking with Peers (Breakfast Pizza) 12:00 Self-Care</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>29. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Self-Esteem Group 12:00 Summer Movie Day</p> <p>2:00 P.T.S.D. Support 2:00 Veteran's Support 3:30 LGBTQ+ 3:30 Dungeons & Dragons</p> 