

November
MONDAY

PORTERVILLE WELLNESS CENTER

333 HENDERSON (559) 570-5000

2023



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1. 8:30 Gardening / Member Store 9:30 W.R.A.P. 10:45 Silencing Stigma 12:00 Arts & Crafts 1:15 P.T.S.D. Support 2:30 Building Job Skills 3:45 Basic Computer Skills</p> <p>T Mobile</p>	<p>2. 8:30 Morning Walk 9:30 Finding Forgiveness 10:45 Supportive Accountability 12:00 Cooking: Macaroni and Cheese 1:15 Resilience Reset 2:30 Self Harm Support 3:45 W.R.A.P.</p>	<p>3. 9:30 Gardening / Member Store 10:45 Relapse Prevention 12:00 Birthday Celebration 1:15 Video Games 2:30 LGBTQ+ 3:45 Anime</p>
<p>6. 8:30 Morning Walk 9:30 P.T.S.D. Support 10:45 Mindfulness 12:00 Bullying and Peer Pressure 1:15 Veterans Support 2:30 Intro to W.R.A.P. 3:45 Stress Reduction</p>	<p>7. 8:30 Coffee and Music 9:30 Self-Esteem Group 10:45 Life Skills: Housing 12:00 Art Journaling 1:15 Self-Care 2:30 Depression Support 3:45 Anxiety Support</p>	<p>8. 8:30 Gardening / Member Store 9:30 W.R.A.P. 10:45 Silencing Stigma 12:00 Arts & Crafts 1:15 P.T.S.D. Support 2:30 Building Job Skills 3:45 Basic Computer Skills</p>	<p>9. RAPID TESTING 12PM-2PM 8:30 Morning Walk 9:30 Finding Forgiveness 10:45 Supportive Accountability 12:00 Cooking: Green Bean Casserole 1:15 Resilience Reset 2:30 Self Harm Support 3:45 W.R.A.P.</p>	<p>10. Sorry We're CLOSED</p>
<p>13. 8:30 Morning Walk 9:30 P.T.S.D. Support 10:45 Mindfulness 12:00 Bullying and Peer Pressure 1:15 Veterans Support 2:30 Intro to W.R.A.P. 3:45 Stress Reduction</p>	<p>14. 8:30 Coffee and Music 9:30 Self-Esteem Group 10:45 Life Skills: Housekeeping 12:00 Art Journaling 1:15 Self-Care 2:30 Depression Support 3:45 Anxiety Support</p>	<p>15. 8:30 Gardening / Member Store 9:30 W.R.A.P. 10:45 Silencing Stigma 12:00 Arts & Crafts 1:15 P.T.S.D. Support 2:30 Building Job Skills 3:45 Basic Computer Skills</p> <p>9:00 Peer Advisory Committee</p> <p>T Mobile</p>	<p>16. Closed</p>	<p>17. A Formal FRIENDSGIVING Pre-registration required Space is limited!</p>
<p>20. 8:30 Morning Walk 9:30 P.T.S.D. Support 10:45 Mindfulness 12:00 Bullying and Peer Pressure 1:15 Veterans Support 2:30 Intro to W.R.A.P. 3:45 Stress Reduction</p>	<p>21. 8:30 Coffee and Music 9:30 Self-Esteem Group 10:45 Life Skills: Physical Wellness 12:00 Art Journaling 1:15 Self-Care 2:30 Depression Support 3:45 Anxiety Support</p>	<p>22. 8:30 Gardening / Member Store 9:30 W.R.A.P. 10:45 Central California Legal Services Presentation 12:00 Arts & Crafts 1:15 P.T.S.D. Support 2:30 Building Job Skills 3:45 Basic Computer Skills</p>	<p>23. HAPPY THANKSGIVING DAY</p>	<p>24. </p>
<p>27. 8:30 Morning Walk 9:30 P.T.S.D. Support 10:45 Mindfulness 12:00 Bullying and Peer Pressure 1:15 Veterans Support 2:30 Intro to W.R.A.P. 3:45 Stress Reduction</p>	<p>28. 8:30 Coffee and Music 9:30 Self-Esteem Group 10:45 Life Skills: Budgeting 12:00 Art Journaling 1:15 Self-Care 2:30 Depression Support 3:45 Anxiety Support</p>	<p>29. 8:30 Gardening / Member Store 9:30 W.R.A.P. 10:45 Silencing Stigma 12:00 Arts & Crafts 1:15 P.T.S.D. Support 2:30 Building Job Skills 3:45 Basic Computer Skills</p> <p>T Mobile</p>	<p>30. 8:30 Morning Walk 9:30 Finding Forgiveness 10:45 Supportive Accountability 12:00 Cooking: Turkey noodle soup 1:15 Resilience Reset 2:30 Self Harm Support 3:45 W.R.A.P.</p>	