

















December The Porterville Wellness Center

Monday	Tuesday	Wednesday	Thursday	Festive 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>1. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Coping with Stress 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p> 	<p>2. 9:30 Gardening 11:00 Coping with Stress 11:00 Cooking with Peers (Chocolate Party Mix) 12:00 Art Journaling</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>3. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Veterans Support 12:00 Arts & Crafts 12:00 Computer & Tech</p> <p>2:00 P.T.S.D. Support 3:30 LGBTQ+ 3:30 Music Expression</p> 
<p>6. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 12:00 Arts & Crafts 12:00 Wellness Walk</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p>	<p>7. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Chocolate Bark) 12:00 World Anime Day Celebration</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p> 	<p>8. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Coping with Stress 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>9. 9:30 Gardening 11:00 Coping with Stress 11:00 Cooking with Peers (Salty Sweet Crispers) 12:00 Art Journaling</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p>	<p>10. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Veterans Support 12:00 Arts & Crafts 12:00 Computer & Tech</p> <p>2:00 P.T.S.D. Support 3:30 LGBTQ+ 3:30 Music Expression</p> <p>Pajama Day</p> 
<p>13. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 12:00 Arts & Crafts 12:00 Wellness Walk</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p> 	<p>14. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Chocolate Marshmallows) 12:00 Self-Care</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p>	<p>15. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Coping with Stress 12:00 Arts & Crafts</p> <p>Closing at 1:30PM</p>	<p>16. 9:30 Gardening 11:00 Coping with Stress 11:00 Cooking with Peers (Potato Chip Clusters) 12:00 Art Journaling</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p> 	<p>17. 9:30 Coping with Stress 11:00 Zoom Support 11:00 Veterans Support 12:00 Arts & Crafts 12:00 Computer & Tech</p> <p>2:00 P.T.S.D. Support 3:30 LGBTQ+ 3:30 Music Expression</p> 
<p>20. Closed for Staff Development Day</p> 	<p>21. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Sugar Cookies) 12:00 Self-Care</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p> 	<p>22.  Member Appreciation Day <i>Closing at 1:30pm</i> Ugly Sweater Contest</p> 	<p>23. </p>	
<p>27. 9:30 Meditation & Yoga 9:30 P.T.S.D. Support 11:00 Anxiety Support 12:00 Arts & Crafts 12:00 Wellness Walk</p> <p>2:00 W.R.A.P. 3:30 Coping with Stress 3:30 Coping with Stress (español)</p>	<p>28. 9:30 Gardening 11:00 Music Expression 11:00 Cooking with Peers (Granola) 12:00 Self-Care</p> <p>2:00 Depression Support 3:30 Anxiety Support 3:30 Job Readiness</p> 	<p>29. 9:30 W.R.A.P. 11:00 P.T.S.D. Support 11:00 Mentorship 12:00 Coping with Stress 12:00 Arts & Crafts</p> <p>2:00 Understanding Family 3:30 Women's support 3:30 Men's Support</p>	<p>30. 9:30 Gardening 11:00 Coping with Stress 11:00 Cooking with Peers (Baked Apples) 12:00 Art Journaling</p> <p>2:00 W.R.A.P. 3:30 Depression Support 3:30 Anxiety Support</p>	<p>31. </p>