







August 2020

# The Porterville Wellness Center

333 W. Henderson Avenue 559-759-3388



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Hours of Operation:</b></p> <p><b>Monday-Saturday</b> 9:30AM-4:30PM</p> <p><b>Sunday: Closed</b></p>	<p><i>*Transitional Aged Youth 18-25 (TAY) Activities: Job Readiness, Socialization, Life Skills, Self Care</i></p> <p><i>Various Social Groups And Activities From 12:00pm to 2:00pm</i></p>	 <p><i>*Todos los grupos son ofrecidos en Español</i></p>			<p>1. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>
<p>3. 9:30AM Self Care Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>4. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Chicken Teriyaki)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>5. 9:30AM Self Care Gardening 11:00AM PTSD Support Art Journaling</p> <p>2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support</p>	<p>6. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Fresh Salsas)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>7. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts &amp; Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime <i>Fun Friday</i> </p>	<p>8. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>
<p>10. 9:30AM Self Care Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>11. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Accordion Potato)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>12. 9:30AM Self Care Gardening 11:00AM PTSD Support Art Journaling</p> <p>2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support</p>	<p>13. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Pineapple Dump Cake)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>14. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts &amp; Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime <i>Fun Friday</i> </p>	<p>15. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>
<p>17. 9:30AM Self Care Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>18. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Chicken Kabobs)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>19. 9:30AM Self Care Gardening 11:00AM PTSD Support Art Journaling</p> <p>2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support</p>	<p>20. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Lauu Meatballs)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>21. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts &amp; Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime <i>Fun Friday</i> </p>	<p>22. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>
<p>24. 9:30AM Self Care Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>25. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Chicken Wings)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>26. 9:30AM Self Care Gardening 11:00AM PTSD Support Art Journaling</p> <p>2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support</p>	<p>27. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers <i>(Peach Dump Cake)</i></p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>28. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts &amp; Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime <i>Fun Friday</i> </p>	<p>29. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P.</p> <p>3:30PM Depression Support Anxiety Support</p>