



# December 2020 The Porterville Wellness Center

333 W. Henderson Avenue 559-570-5000



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Hours of Operation:</b> Monday-Saturday 9:30AM-4:30PM</p> <p>Sunday: Closed</p>	<p>1. 9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Chicken Noodle Soup)</p> <p>2:00PM Gardening</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>2. 9:30AM Meditation &amp; Yoga Coping with Stress</p> <p>11:00AM P.T.S.D. Support Mentorship</p> <p>2:00PM T.A.Y. Group* Understanding Family</p> <p>3:30PM Women's support Men's Support</p>	<p>3. 9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Egg Drop Soup) Art Journaling</p> <p>2:00PM Gardening</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>4. 9:30AM Self Care Coping with Stress</p> <p>11:00AM Veterans Support Arts &amp; Crafts</p> <p><b>Holiday Dress Up Day</b></p> <p>2:00PM Karaoke P.T.S.D. Support</p> <p>3:30PM <b>LGBTQ+</b> Anime </p>	<p>5. 9:30AM Meditation &amp; Yoga Gardening</p> <p>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>7. 9:30AM Meditation &amp; Yoga P.T.S.D. Support</p> <p>11:00AM Music Expression <b>Holiday Movie Monday!</b></p> <p>2:00PM Depression Support Art Journaling</p> <p>3:30PM Coping with Stress Self Care</p>	<p>8. 9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Zuppa Toscana) </p> <p>2:00PM Gardening</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>9. 9:30AM Meditation &amp; Yoga Coping with Stress</p> <p>11:00AM P.T.S.D. Support Mentorship</p> <p>2:00PM T.A.Y. Group* Understanding Family</p> <p>3:30PM Women's support Men's Support</p>	<p>10. 9:30AM W.R.A.P. </p> <p>11:00AM <b>Cooking with Peers</b> (Corn Chowder) Art Journaling</p> <p>2:00PM Gardening</p> <p>3:30PM Depression Support Anxiety Support</p>	<p>11. 9:30AM Self Care Coping with Stress</p> <p>11:00AM Veterans Support Arts &amp; Crafts</p> <p><b>Hot Chocolate Day</b></p> <p>2:00PM Karaoke P.T.S.D. Support</p> <p>3:30PM <b>LGBTQ+</b> Anime </p>	<p>12. 9:30AM Meditation &amp; Yoga Gardening</p> <p>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>14. 9:30AM Meditation &amp; Yoga P.T.S.D. Support</p> <p>11:00AM Music Expression <b>Holiday Movie Monday!</b></p> <p>1:00PM P.A. Committee</p> <p>2:00PM Depression Support Art Journaling</p> <p>3:30PM Coping with Stress Self Care</p>	<p>15. 9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Loaded Baked Potato Soup)</p> <p>2:00PM Gardening </p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>16. 9:30AM Meditation &amp; Yoga Coping with Stress</p> <p>11:00AM P.T.S.D. Support Mentorship</p> <p>2:00PM T.A.Y. Group* Understanding Family</p> <p>3:30PM Women's support Men's Support</p>			<p>18. 9:30AM Self Care Coping with Stress</p> <p>11:00AM Veterans Support Arts &amp; Crafts</p> <p><b>holiday sweater day</b></p> <p>2:00PM Karaoke P.T.S.D. Support</p> <p>3:30PM <b>LGBTQ+</b> Anime </p>
<p>21. 9:30AM Meditation &amp; Yoga P.T.S.D. Support</p> <p>11:00AM Music Expression <b>Holiday Movie Monday!</b></p> <p>2:00PM Depression Support Art Journaling</p> <p>3:30PM Coping with Stress Self Care</p>	<p>22. 9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Beef Stew)</p> <p>2:00PM Gardening</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>23.</p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Arts and Crafts Day</b> <i>Closing at 1:30pm</i></p>			<p>19. 9:30AM Meditation &amp; Yoga Gardening</p> <p>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>28. 9:30AM Meditation &amp; Yoga P.T.S.D. Support</p> <p>11:00AM Music Expression <b>Holiday Movie Monday!</b></p> <p>2:00PM Depression Support Art Journaling</p> <p>3:30PM Coping with Stress Self Care</p>	<p>29. </p> <p>9:30AM W.R.A.P.</p> <p>11:00AM <b>Cooking with Peers</b> (Meatball Soup)</p> <p>2:00PM Gardening</p> <p>3:30PM Dungeons&amp;Dragons Job Readiness</p>	<p>30. 9:30AM Meditation &amp; Yoga Coping with Stress</p> <p>11:00AM P.T.S.D. Support Mentorship</p> <p>2:00PM T.A.Y. Group* Understanding Family</p> <p>3:30PM Women's support Men's Support</p>	<p>31. </p> <p>9:30AM W.R.A.P.</p> <p>11:00AM Arts &amp; Crafts</p> <p style="text-align: center;"><i>Closing at 1:30pm</i></p>	<p><b>*Transitional Aged Youth 18-25 (TAY) Activities:</b> Job Readiness, Socialization, Life Skills, Self Care</p> <p>Various Social Groups And Activities From 12:00pm to 2:00pm</p>	<p>26. 9:30AM Meditation &amp; Yoga Gardening</p> <p>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 style="text-align: center;"></p> <p style="text-align: center;">*Todos los grupos son ofrecidos en Español</p>