



September 2020

The Porterville Wellness Center

333 W. Henderson Avenue 559-759-3388



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31. 9:30AM Self Care Gardening 11:00AM Music Expression Movie Monday!</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>1. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Sugar Cookies)</p> <p>2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness</p>	<p>2. 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>3. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Chocolate Chip Cookies)</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>	<p>4. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime</p>	<p>5. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>
<p>7. </p>	<p>8. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Oatmeal Cookies)</p> <p>2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness</p>	<p>9. 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>10. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (No-bake Cheesecake)</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>	<p>11. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime</p>	<p>12. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>
<p>14. 9:30AM Self Care Gardening 11:00AM Music Expression Movie Monday!</p> <p>1:00PM P.A. Committee</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>15. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Fruit Pizza)</p> <p>2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness</p>	<p>16. 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>17. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Apple Crisp)</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>	<p>18. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime</p>	<p>19. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>
<p>21. 9:30AM Self Care Gardening 11:00AM Music Expression Movie Monday!</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>22. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Pumpkin Crunch)</p> <p>2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness</p>	<p>23. 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>24. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Pumpkin Spice Blondie Bites)</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>	<p>25. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts</p> <p>2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime</p>	<p>26. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support</p> <p>2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support</p>
<p>28. 9:30AM Self Care Gardening 11:00AM Music Expression Movie Monday!</p> <p>2:00PM Depression Support Mentorship 3:30PM Coping with Stress Anxiety Support</p>	<p>29. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Apple Cobbler)</p> <p>2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness</p>	<p>30. 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>Hours of Operation: Monday-Saturday 9:30AM-4:30PM Sunday: Closed</p>	<p><u>*Transitional Aged Youth 18-25 (TAY) Activities:</u> Job Readiness, Socialization, Life Skills, Self Care</p> <p>Various Social Groups And Activities From 12:00pm to 2:00pm</p>	<p> *Todos los grupos son ofrecidos en Español</p>