







**KINGS VIEW**  
Behavioral Health Systems



# Visalia Wellness Center



**March 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hours of Operation:</b> <b>Monday –Thursday 8:30-4:00</b> <b>Friday 9:00-4:00</b> <b>Saturday/ Sunday Closed</b>  <b>1223 S. Lovers Lane</b> <b>Visalia, CA 93291</b> <b>(559) 931-1001</b>		<b>1.</b> 9:00 Coffee & Pastries 10:00 Photography 11:00 PTSD Support 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba	<b>2.</b> 9:00 Coffee & Pastries 10:00 Schizophrenia Support 11:00 Cooking ( <b>BLT</b> ) 12:00 Active Living 1:00 Music Appreciation 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY	<b>3.</b> 9:15 Coffee & Pastries 9:15 LGBTQ+ Support  10:00 Bingo 11:00 Gardening 12:00 Movie & Hot Dogs 2:00 W.R.A.P 3:00 Zumba
<b>6.</b> 9:00 Coffee & Pastries 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Peer Advisory Council (OPEN) 2:00 Gardening 3:00 Art	<b>7.</b> 9:00 Coffee & Pastries 10:00 Bipolar Support 11:00 Cooking ( <b>Lasagna</b> ) 12:00 Chair Yoga/Meditation 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Gardening	<b>8.</b> 9:00 Coffee & Pastries 10:00 Photography 11:00 PTSD Support 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba	<b>9.</b> 9:00 Coffee & Pastries 10:00 Schizophrenia Support 11:00 Cooking ( <b>Breakfast</b> ) 12:00 Active Living 1:00 Music Appreciation  <i>Closed at 2 PM for Staff Training</i>	<b>10.</b> 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Bingo 11:00 Gardening 12:00 Movie & Hot Dogs 2:00 W.R.A.P 3:00 Zumba
<b>13. Tie Dye Day</b> 9:00 Coffee & Pastries 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 1:00 Peer Advisory Council (CLOSED) 2:00 Gardening 3:00 Art	<b>14. Sports Day</b> 9:00 Coffee & Pastries 10:00 Bipolar Support 11:00 Cooking ( <b>Pork Chops</b> ) 12:00 Chair Yoga/Meditation 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Gardening	<b>15. Character Day</b> 9:00 Coffee & Pastries 10:00 Photography 11:00 PTSD Support 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba 	<b>16. Twin Day</b> 9:00 Coffee & Pastries 10:00 Schizophrenia Support 11:00 Cooking ( <b>Shepard's Pie</b> ) 12:00 Active Living 1:00 Music Appreciation 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY 	<b>17. St. Patrick's Day</b> 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Bingo 11:00 Board Games 12:00 <b>Birthday Bash BBQ</b> 2:00 Wellness Walk 3:00 Zumba 
<b>20.</b> 9:00 Coffee & Pastries 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Gardening  <i>Closed at 3 PM</i>	<b>21.</b> 9:00 Coffee & Pastries 10:00 Bipolar Support 11:00 Cooking ( <b>Burrito Supreme</b> ) 12:00 Chair Yoga/Meditation 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Gardening	<b>22.</b> 9:00 Coffee & Pastries 10:00 Photography 11:00 <b>Grief &amp; Loss Support</b> 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba	<b>23.</b> 9:00 Coffee & Pastries 10:00 Schizophrenia Support 11:00 Cooking ( <b>Chicken Tostadas</b> ) 12:00 Active Living 1:00 Music Appreciation 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY	<b>24.</b> 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Bingo 11:00 Gardening 12:00 Movie & Hot Dogs 2:00 W.R.A.P 3:00 Zumba
<b>27.</b> 9:00 Coffee & Pastries 10:00 W.R.A.P. 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Gardening 3:00 Art	<b>28.</b> 9:00 Coffee & Pastries 10:00 Bipolar Support 11:00 Cooking ( <b>Pizza</b> ) 12:00 Chair Yoga/Meditation 1:00 Board Games 1:00 Zoom Support Group 2:00 Anxiety Support 3:00 Gardening	<b>29.</b> 9:00 Coffee & Pastries 10:00 Photography 11:00 PTSD Support 12:00 Free Time 1:00 Depression Support 2:00 Art 3:00 Zumba	<b>30.</b> 9:00 Coffee & Pastries 10:00 Schizophrenia Support 11:00 Cooking ( <b>Quesadillas</b> ) 12:00 Active Living 1:00 Music Appreciation 2:00 Bingo 3:00 Job Readiness/Computer Skills 3:00 TAY	<b>31.</b> 9:15 Coffee & Pastries 9:15 LGBTQ+ Support 10:00 Bingo 11:00 Gardening 12:00 Movie & <b>Library</b> 2:00 W.R.A.P 3:00 Zumba