

Visalia Wellness Center

September 2021

Benaviorial Health Systems V LS M L L M V V C L L L L L L L L L L L L L L L L L				
Monday	Tuesday	Wednesday	Thursday	Friday
Hours of Operation: Monday –Thursday 8:30am-4:00pm Friday 9:00am-4:00pm Saturday/ Sunday Closed 1223 S. Lovers Lane Visalia, CA 93291 (559) 931-1001	•	1. 9:00 Coffee & Gardening 10:00 Journaling 10:00 LGBTQ 101 11:00 W.R.A.P. 12:00 Free Time 1:00 Depression Support 2:00 Photography 3:00 Baking	2. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Sloppy Joe's) 12:00 Bingo 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga/Meditation 3:00 TAY	9:15 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 Movie & Birthday Bash 2:00 W.R.A.P Activities 3:00 Zumba
6. DAY WC Closed	7. 9:00 Coffee & Gardening 10:00 Self-Esteem 11:00 Cooking (Breakfast) 12:00 Music Appreciation 1:00 Bingo 1:00 Zoom Support Group 2:00 Bipolar Support 3:00 Zumba	8. 9:00 Coffee & Gardening 10:00 Journaling 10:00 LGBTQ 101 11:00 W.R.A.P. 12:00 Free Time 1:00 Depression Support 2:00 Photography 3:00 Baking	9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Sandwich & Chips) 12:00 Bingo 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga/Meditation 3:00 TAY	9:15 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 Movie & Pizza 2:00 W.R.A.P Activities 3:00 Zumba
9:00 Coffee & Gardening 10:00 Art 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Peer Advisory Council (OPEN) 2:00 Anxiety Support 3:00 W.R.A.P.	14. 9:00 Coffee & Gardening 10:00 Self-Esteem 11:00 Cooking (Spinach Dip) 12:00 Music Appreciation 1:00 Bingo 1:00 Zoom Support Group 2:00 Bipolar Support 3:00 Zumba	9:00 Coffee & Gardening 10:00 Journaling 10:00 LGBTQ 101 11:00 W.R.A.P. 12:00 Free Time 1:00 Depression Support 2:00 Photography 3:00 Baking	9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Chile Verde) 12:00 Bingo 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga/Meditation 3:00 TAY	9:15 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Lunch Drive Thru 12:00 Free Time 2:00 Minute to Win it Games 3:00 Zumba
20. 9:00 Coffee & Gardening 10:00 Art 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 Anxiety Support 3:00 W.R.A.P.	21. 9:00 Coffee & Gardening 10:00 Self-Esteem 11:00 Cooking (Pot Roast) 12:00 Music Appreciation 1:00 Bingo 1:00 Zoom Support Group 2:00 Bipolar Support 3:00 Zumba	22. VWC Closed at 1 PM Due to Staff Training 9:00 Coffee & Gardening 10:00 Journaling 10:00 LGBTQ 101 11:00 W.R.A.P. 12:00 Free Time	23. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Raviolis') 12:00 Bingo 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga/Meditation 3:00 TAY	24. 9:15 Coffee & Gardening 10:00 LGBTQ+ 10:00 Qi Gong 11:00 Photography 12:00 Movie & Pizza 2:00 W.R.A.P Activities 3:00 Zumba
9:00 Coffee & Gardening 10:00 Art 11:00 Men's Group 11:00 Women's Group 12:00 Free Time 1:00 Journaling 2:00 Anxiety Support 3:00 W.R.A.P.	28. 9:00 Coffee & Gardening 10:00 Self-Esteem 11:00 Cooking (Buffalo & BBQ Wings) 12:00 Music Appreciation 1:00 Bingo 1:00 Zoom Support Group 2:00 Bipolar Support 3:00 Zumba	9:00 Coffee & Gardening 10:00 Journaling 10:00 LGBTQ 101 11:00 W.R.A.P. 12:00 Free Time 1:00 Depression Support 2:00 Photography 3:00 Baking	30. 9:00 Coffee & Gardening 10:00 PTSD Support 11:00 Cooking (Frito Boats) 12:00 Bingo 1:00 Art 2:00 Job Readiness/Computer Skills 3:00 Chair Yoga/Meditation 3:00 TAY	