

www.WellnessCenterWest.org

April 20 - May 1

2020 Calendar subject to change*

Phone: (657) 667-6455

Monday-Friday 9:00a.m. - 5:00 p.m.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>20</p> <p>10:10-10:50 Icebreaker: Paul</p> <p>11:10-11:50 Relapse Prevention: Paul</p> <p>1:10-1:50 Hacks, Humor & Updates: Paul</p> <p>2:10-2:50 Men's Group: Paul/Hao</p> <p>3:10-3:50 AA Meeting: Amit</p>	<p>21</p> <p>10:10-10:50 Icebreaker: Hao</p> <p>11:10-11:50 "Viet" Independent Living Skills Kỹ năng sống độc lập: Hao</p> <p>1:10-1:50 Social Time: Minnie</p> <p>2:10-2:50 Life Skills: Denise</p> <p>3:10-3:50 "Viet" Poetry Garden & Fables Vườn thơ & Truyện cổ tích: Thuy</p>	<p>22</p> <p>10:10-10:50 Icebreakers: Jamie</p> <p>11:10-11:50 Enlightenment: Jamie</p> <p>1:10-1:50 Community Meeting Open forum</p> <p>2:10-2:50 Employment: Denise</p> <p>3:10-3:50 NAMI Connection: Minnie</p>	<p>23</p> <p>10:10-10:50 Icebreaker: Minnie</p> <p>11:10-11:50 Family Talk: Tieta</p> <p>1:10-1:50 Social Time: Minnie</p> <p>2:10-2:50 Anger Management: Tieta</p> <p>3:10-3:50 DBSA Group: Paul/Minnie</p>	<p>24</p> <p>10:10-10:50 Icebreaker: Carole</p> <p>11:10-11:50 Women's Group: Francis</p> <p>1:10-1:50 Hacks, Humor & Updates: Carole</p> <p>2:10-2:50 Power of Positivity: Francis/Carole</p> <p>3:10-3:50 Animal Alley: Carole</p>
<p>27</p> <p>10:10-10:50 Icebreaker: Paul</p> <p>11:10-11:50 Relapse Prevention: Paul</p> <p>1:10-1:50 Hacks, Humor & Updates: Paul</p> <p>2:10-2:50 Men's Group: Paul/Hao</p> <p>3:10-3:50 AA Meeting: Amit</p>	<p>28</p> <p>10:10-10:50 Icebreaker: Denise</p> <p>11:10-11:50 "Viet" Independent Living Skills Kỹ năng sống độc lập: Hao</p> <p>1:10-1:50 Social Time: Minnie</p> <p>2:10-2:50 Life Skills: Denise</p> <p>3:10-3:50 "Viet" Poetry Garden & Fables Vườn thơ & Truyện cổ tích: Thuy</p>	<p>29</p> <p>10:10-10:50 Icebreakers: Jamie</p> <p>11:10-11:50 Enlightenment: Jamie</p> <p>1:10-1:50 Community Meeting Open Forum</p> <p>2:10-2:50 Employment: Denise</p> <p>3:10-3:50 NAMI Connection: Minnie</p>	<p>30</p> <p>10:10-10:50 Icebreaker: Tieta</p> <p>11:10-11:50 Family Talk: Tieta</p> <p>1:10-1:50 Social Time: Minnie</p> <p>2:10-2:50 Anger Management: Tieta</p> <p>3:10-3:50 DBSA Group: Paul/Minnie</p>	<p>1</p> <p>10:10-10:50 Icebreaker: Francis</p> <p>11:10-11:50 Women's Group: Francis</p> <p>1:10-1:50 Hacks, Humor & Updates: Carole</p> <p>2:10-2:50 Power of Positivity: Francis/Carole</p> <p>3:10-3:50 Animal Alley: Carole</p>

Emotional support groups -To aid members with establishing their own ability to cope, understand themselves, connect with others, and address their own recovery goals.

Anger Management - Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.

DBSA Group-- DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Decision Making Employment- This class includes a series of classes requiring active participation and will cover the following topics: personal assessment of previous work experience; a decision tree to aid in the assistance and discovery of career goals, possible further education plan, master application, resume, cover letter, follow up thank letter, telephone etiquette, and professional interview practice. Part 2 (workshop labs) will involve being in the computer lab to apply, research, and work preparations.

Power of Positivity -positive thinking self-help platform with topics on inspiration, lifestyle, health, spirituality, relationships & more.

Family Talk - Members will learn and discuss relevant topics on family dynamics, challenges, and learn how to communicate with family members and to not hold resentments.

“It’s All About You” Men’s Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

NAMI Connection- NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from sharing experiences and coping strategies in a positive and supportive environment. Please be on time.

W.O.W. – “Wisdom Over Worry” Women’s Group – This group is an open forum specifically for women from all walks of life to share ideas, concerns, and wisdom from their daily decision making. The focus is to reframe any negative thoughts, excessive worry into positive thinking, feeling, and healthy practices.

Spiritual Groups -Designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and well- ness:

AA Meeting- This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.

Enlightenment- this group helps members gain self-awareness and evolve spiritually; topics include compassion, forgiveness, hope, joy, hospitality, etc.

Social Groups- Provide our members with the opportunity to establish and maintain healthy, positive and lasting relationships with their friends and families while addressing overall member goals related to indoor recreation and community involvement:

Icebreakers- Members will gather together to discuss their day and plans for the daily events at the center

Community Meeting – This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them

Hacks, Humor & Updates- Interactive socialization time between staff and members to share jokes, riddles, uplifting news, and tips to survive and thrive.

Life Skills- Members learn new skills and ideas that will help add quality to their life and share their own wisdom among group discussion. Life skills include ways to manage time productively, shop wisely and budget effectively; as well as organizing, housekeeping, care maintenance, and more!

Social Time - Members will engage in social interaction in a group setting with fun competition

Animal Alley – Members will talk about their pets, stories in the news, nature articles, anything about animals

“Viet” Independent Living Skills (Kỹ năng sống độc lập)- Members will learn how to have the ability to examine alternatives and make informed decisions and direct their own life’s. Các thành viên sẽ học cách kiểm tra các lựa chọn thay thế và đưa ra quyết định sáng suốt và định hướng cuộc sống của chính họ.

“Viet” Poetry Garden & Fables (Vườn thơ & Truyện cổ tích)-Fun interactive social time to share poetry and fables from around the world. Thời gian tương tác thú vị để chia sẻ thơ và truyện ngụ ngôn từ khắp nơi trên thế giới.