

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>9:00-10:00 Icebreaker (A) Denise / Hao</p> <p>.....</p> <p>10:00-11:00 Relationships & Communication (A) Bill / Aubree Value Volunteerism (B) Denise / Nikki</p> <p>.....</p> <p>11:00-12:00 “Viet” Strength and Bravery (A) Thuy / Hao</p> <p>.....</p> <p>2:00-3:00 Social Time (A) Thuy / Paul</p> <p>.....</p> <p>3:00-4:00 Relapse Prevention (A) Paul / Aubree Beginning Spanish (B) Amit / Minnie</p> <p>.....</p> <p>4:00-5:00 Men’s Group (A) Hao / Amit WRAP (B) Minnie / Bill</p> <p>.....</p> | <p>9:00-10:00 Icebreaker (A) Denise / Bill</p> <p>.....</p> <p>10:00-11:00 NAMI Connections (A) Hao / Minnie Life Skills (B) Denise / Paul</p> <p>.....</p> <p>11:00-12:00 “Viet” Independent Living Skills (A) Hao / Thuy</p> <p>.....</p> <p>2:00-3:00 Social Time (A) Minnie / Bill</p> <p>.....</p> <p>3:00-4:00 “Viet” DBSA (A) Thuy / Hao Healing Foods (B) Jamie / Paul</p> <p>.....</p> <p>4:00-5:00 Poet’s Society (A) Amit / Jamie</p> <p>.....</p> <p>(TC) Teleconference</p> | <p>9:00-10:00 Icebreaker (A) Jamie / Nikki</p> <p>.....</p> <p>10:00-11:00 Dual Recovery (A) Bill / Aubree Enlightenment (B) Jamie / Nikki</p> <p>.....</p> <p>11:00-12:00 Healing and Self-Discovery (A) Paul / Howard</p> <p>.....</p> <p>2:00-3:00 Community Meeting (A) Jamie / Paul</p> <p>.....</p> <p>3:00-4:00 “Viet” Social Time (A) Thuy / Hao Decision Making Employment (B) Denise / Nikki</p> <p>.....</p> <p>4:00-5:00 “Spanish” Women’s Group (A) Minnie / Nikki</p> <p>.....</p> | <p>9:00-10:00 Icebreaker (A) Minnie / Hao</p> <p>.....</p> <p>10:00-11:00 Life Enhancement (A) Bill / Paul Philosophy (B) Jamie / Paul</p> <p>.....</p> <p>11:00-12:00 Housing Skills (A) Hao / Howard</p> <p>.....</p> <p>2:00-3:00 Social Time (A) Bill / Minnie</p> <p>.....</p> <p>3:00-4:00 Anger Management (A) Howard / Bill Short Stories (B) Minnie / Paul</p> <p>.....</p> <p>4:00-5:00 Living and Thriving (A) Howard / Hao</p> <p>.....</p> | <p>9:00-10:00 Icebreaker (A) Paul / Aubree</p> <p>.....</p> <p>10:00-11:00 “Spanish” Creating Wellness (A) Minnie / Nikki Self-Esteem (B) Denise / Aubree</p> <p>.....</p> <p>11:00-12:00 Women’s Group (A) Aubree / Nikki Power of Positivity (B) Howard / Aubree</p> <p>.....</p> <p>2:00-3:00 Social Time (A) Denise / Howard</p> <p>.....</p> <p>3:00-4:00 “Viet” WRAP (A) Hao / Thuy Stress Management (B) Bill / Nikki</p> <p>.....</p> <p>4:00-5:00 DBSA (A) Howard / Paul Animal Alley (B) Minnie / Aubree</p> <p>.....</p> |
| <p>Wellness Center West Hours: Monday – Friday: 9 a.m.- 12 p.m. & 2 pm.- 5 p.m.</p> <p><u>The Wellness Center’s facility is closed until further notice. We are open digitally over the phone and on the web.</u></p> | <p>All groups are currently being hosted over Webex. Go to Webex.com to download the app on your computer or mobile device.</p> | | <p>Continuing Education & School Readiness Appointments are available with Education Specialist Nikki on Mondays, Wednesdays and Fridays.</p> | <p>Resume & Job Readiness Appointments with Employment Specialist Denise: Mondays: 10 a.m. -12 p.m., 2-5 p.m. Tuesdays: 2 -5 p.m.</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.

Healing and Self-Discovery- To share knowledge and information with members that will educate and promote understanding within the mental health field including the Psycho-Social Rehabilitation and Recovery Model and Strength Based Models as well as how and why it is important to keep up with our own continuity of care to stay in recovery.

Life Enhancement- This group aim to help members to improve their self-development and processes wherever they're at with their journey in life. Some topics includes: Self-esteem building, Self-worth, Effective Communication, Irrational Guilt, etc. and members will apply CBT techniques for problem solving.

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

"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.

Relationship & Communication - Members explore different types of personal relationships and how to engage in healthy communication.

Self-Esteem- Give members an overview about what self-esteem is and methods to have and maintain a positive attitude toward themselves and others.

Stress Management- Provide members with various techniques and coping skills used to reduce stress, manage conflict resolution, and enhance quality of life.

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. **(Spanish)** Este grupo es un foro abierto específicamente para que las mujeres de todos los ámbitos de la vida compartan ideas, preocupaciones y sabiduría de su toma de decisiones diaria (vida cotidiana). El enfoque es reenmarcar cualquier pensamiento negativo, preocupación excesiva en el pensamiento positivo, sentimiento, y prácticas saludables.

W.R.A.P. (Wellness Recovery Action Plan) – Members learn that they can identify what makes them well and use their own Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life. Các thành viên biết rằng họ có thể xác định những gì làm cho họ khỏe mạnh và sử dụng Công cụ Sức khỏe của riêng họ để giảm bớt cảm giác khó khăn và duy trì sức khỏe trong một cuộc sống chất lượng cao hơn.

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.

Dual Recovery - An interactive group for members to support each other and share their experiences for overcoming the challenges of mental health and addiction.

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

The Poet's Society - Explore why poetry is important and practice the craft of writing poetry.

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:

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

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

Creating Wellness- Effective teaching to help members move from recovery to wellness. Members will be involved in the process of reflecting, prioritizing, sorting, planning for change and affirming progress in wellness. **(Spanish)** Enseñanza eficaz para ayudar a los miembros a pasar de la recuperación al bienestar. Los miembros participarán en el proceso de reflexionar, priorizar, selección (o clasificación en el bienestar de la salud), planificar el cambio y afirmar el progreso en el bienestar.

Housing Skills- this class offers 1) different ways to effectively communicate with managers, neighbors and roommates which will assist members in successfully maintaining housing and 2) provides housing related skills support to members.

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

"Viet" Independent Living Skills (Kỹ năng sống độc lập)- Members will learn how to have the ability to examine alternatives and make inform 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.

Physical Groups- Designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and overall well-being:

Healing Foods- Members will explore the philosophy, tips and tricks and practical matters of eating for wellness.