

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00-10:00 Icebreaker (A) Denise / Hao</p> <p>.....</p> <p>10:00-11:00 Relationships & Communication (A) Bill / Aubree Facilitation 101 (B) Denise / Nikki</p> <p>.....</p> <p>11:00-12:00 Healing and Self-Discovery (A) Paul / Minnie</p> <p>.....</p> <p>12:00-1:00 Roundtable Discussions (A) Jamie / Nikki</p> <p>.....</p> <p>1:00-2:00 Social Time (A) Thuy / Paul</p> <p>.....</p> <p>2:00-3:00 "Viet" Poetry Garden (A) Hao / Thuy</p> <p>.....</p> <p>3:00-4:00 Relapse Prevention (A) Paul / Aubree</p> <p>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 / Bill</p> <p>.....</p> <p>11:00-12:00 "Viet" Independent Living Skills (A) Hao / Thuy</p> <p>.....</p> <p>12:00-1:00 Philosophy (A) Jamie / Paul</p> <p>.....</p> <p>1:00-2:00 Social Time (A) Bill / Jamie</p> <p>.....</p> <p>2:00-3:00 SMART Goals (A) Denise / 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>Resume & Job Readiness Appointments with Employment Specialist Denise: Tuesdays: 10 a.m.-12 p.m., 3-5 p.m. Continuing Education Appointments with Education Specialist Nikki: on Mondays, Wednesdays and Fridays.</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 Life Skills (A) Denise / Nikki</p> <p>.....</p> <p>12:00-2:00 No groups at these hours. See us at 2 p.m.!</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>To dial in from a phone use... Phone Number: 1(415) 655-0001 For all devices use... Meeting Password: 92843</p>	<p>9:00-10:00 Icebreaker (A) Hao / Bill</p> <p>.....</p> <p>10:00-11:00 Life Enhancement (A) Bill / Hao</p> <p>.....</p> <p>11:00-12:00 Housing Skills (A) Hao / Howard</p> <p>.....</p> <p>12:00-1:00 Emotions Anonymous (A) Howard / Bill</p> <p>.....</p> <p>1:00-2:00 Social Time (A) Bill / Howard</p> <p>.....</p> <p>2:00-3:00 Karaoke (A) Paul / Jamie</p> <p>.....</p> <p>3:00-4:00 Short Stories (B) Minnie / Paul</p> <p>.....</p> <p>4:00-5:00 Living and Thriving (A) Howard / Hao</p> <p>.....</p> <p>Wellness Center West Hours: <u>The Wellness Center's facility is</u> <u>closed until further notice. All</u> <u>groups are currently being hosted</u> <u>over Webex. Go to Webex.com to</u> <u>download the app on your</u> <u>computer or mobile device.</u></p>	<p>9:00-10:00 Icebreaker (A) Paul / Aubree</p> <p>.....</p> <p>10:00-11:00 Women's Group (A) Aubree / Nikki Self-Esteem (B) Denise / Aubree</p> <p>.....</p> <p>11:00-12:00 "Viet" Strength and Bravery (A) Thuy / Hao</p> <p>Power of Positivity (B) Howard / Aubree</p> <p>.....</p> <p>12:00-1:00 "Spanish" Creating Wellness (A) Minnie / Nikki</p> <p>.....</p> <p>1:00-2:00 Social Time (A) Denise / Howard</p> <p>.....</p> <p>2:00-3:00 Continuing Education (A) Nikki / Aubree</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>

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

DBSA - (Depression, Bipolar Support Alliance) Nhóm Hỗ Trợ Tinh Thần - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders. Nhóm cung cấp hy vọng, sự giúp đỡ, hỗ trợ, và giáo dục để cải thiện cuộc sống của những người có rối loạn tâm trạng

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.

SMART Goals-A S.M.A.R.T. goal is defined as one that is specific, measurable, achievable, results-focused, and time- bound. This group focuses on how to set and achieve member's goals through this successful model.

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 & "Spanish" 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 wellness:

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

Emotions Anonymous (EA)- a twelve-step organization, similar to Alcoholics Anonymous. People join EA to help themselves better understand their emotions and lead a more manageable life by following the EA program and using the EA materials.

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

Philosophy- To help members learn how to develop solutions to problems. Members will improve communication skills, develop persuasive skills, and understand the beliefs of other through dialogue sharing.

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

"Vietnamese" Strength & Bravery (Nhóm sức mạnh và bản lĩnh)-This group encourages participates to mindfully examine their daily decision-making routines and class encourages members to explore and engage in something new/different each week (different topics/inspirations each week)

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

Facilitation 101- This workshop provides a basic introduction to techniques and tips for facilitation, which are useful for trainings, discussion groups and other formats. It is an introductory workshop, exploring some of the knowledge and skills a facilitator needs to be effective in leading groups. It focuses on presenting the roles of effective facilitation.

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!

Living & Thriving- This class provides support to members and helps enhance their basic financial skills regarding budgeting, checkbook balancing, coupon clipping, basic grocery shopping skills, etc. Each week we will learn a different aspect of finances to assist member in maintaining their housing.

Roundtable Discussions- To allow members to gain confidence in sharing their views and opinions while motivating them to pursue interests and develop hobbies.

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

"Spanish" 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.

"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.

"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.

Beginning Spanish – this class gives members a basic knowledge of the Spanish language, customs and culture. Members will learn basic conversational skills.

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:

Continuing Education-This group is used to learn about local options for continuing education and self-improvement.

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