

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

AUGUST 2018

Wellness Center Hours: 9:00 a.m. – 4:00 p.m.

137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:00 Birthdays & Awards Celebrations 1:00 Organize 2:00 Art TAY 4:30-6:00pm	2 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	3 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
6 9:00 Check-in 9:30 Breakfast Chat 10:00 Gardening 1:30 Self Esteem 3:00 Pictionary	7 9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 Art 3:00 Bingo	8 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Organize 2:00 Art TAY 4:30-6:00pm	9 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	10 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
13 9:00 Check-in 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	14 9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 Art 3:00 Bingo	15 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Family Influences 2:00 Art TAY 4:30-6:00pm	16 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie OUTING: Yolo County Fair	17 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
20 9:00 Check-in 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	21 9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 Art 3:00 Bingo	22 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Family Influences 2:00 Art TAY 4:30-6:00pm	23 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	24 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation
27 9:00 Check-in 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	28 9:00 Topic Chat 10:00 Free to Choose* 11:00 Positivity 1:00 Art 3:00 Bingo	29 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Family Influences 2:00 Art TAY 4:30-6:00pm	30 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie	31 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Art 3:00 Meditation

**Free to Choose with Turning Point staff every Tuesday at 10am by referral only*

*We request that you attend at least two groups during the week to qualify for a food bag. Socialization does NOT count as a group.