

# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

# SEPTEMBER 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
<p>3</p> <p><b>HAPPY LABOR DAY</b></p> <p>CENTER CLOSED</p>	<p>4</p> <p>9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo</p>	<p>5</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:30 <b>Birthday &amp; Awards Celebrations</b> 1:00 Dual-Diagnosis 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>6</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>7</p> <p>9:00 Check-in 10:00 <b>Member's Meeting</b> 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Art 3:00 Meditation</p>
<p>10</p> <p>9:30 Breakfast Chat 10:00 Gardening 1:30 Self Esteem 3:00 Pictionary</p>	<p>11</p> <p>9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo</p>	<p>12</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>13</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>14</p> <p>9:00 Check-in 10:00 Reflections 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Art 3:00 Meditation</p>
<p>17</p> <p>9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships &amp; Communications 1:00 Approach to Wellness – Dr. H. 2:00 Art 3:00 Pictionary</p>	<p>18</p> <p>9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo</p>	<p>19</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>20</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>21</p> <p>9:00 Check-in 10:00 <b>Member's Meeting</b> 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Art 3:00 Meditation</p>
<p>24</p> <p>9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships &amp; Communications 1:00 Art 3:00 Pictionary</p>	<p>25</p> <p>9:00 Topic Chat 10:00 Board Games 11:00 Positivity 12:00 Gratitude 1:00 Art 3:00 Bingo</p>	<p>26</p> <p>9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art</p> <p>TAY 4:30-6:00pm</p>	<p>27</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie</p>	<p>28</p> <p><b>ANNUAL PICNIC @ FERNS PARK WOODLAND 11AM-3PM</b></p>  <p>CENTER CLOSED</p>

*\*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.