

# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## OCTOBER 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 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	2 9:00 Topic Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	3 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition <b>12:30 Birthday &amp; Award Celebration</b> 1:00 Dual-Diagnosis 2:00 Art	4 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	5 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 Meditation 3:00 Art
8 9:30 Breakfast Chat 10:00 Gardening 1:30 Self Esteem 3:00 Pictionary	9 9:00 Topic Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	10 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	11 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	12 9:00 Check-in 10:00 Reflections 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution*</b> 1:00 Meditation 3:00 Art
15 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	16 9:00 Topic Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	17 9:00 Check-in 10:00 Art 12:00 Nutrition 1:00 Board Games  <b>Outing: Apple Hill</b>	18 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	19 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 Meditation 3:00 <b>Art – Pumpkin Painting</b>
22 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Approach to Wellness – Dr. H. 2:00 Art 3:00 Pictionary	23 9:00 Topic Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	24 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	25 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	26 9:00 Check-in 10:00 Reflections 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution*</b> 3:00 Art
29 9:30 Breakfast Chat 10:00 Gardening 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	30 9:00 Topic Chat 10:00 Walk n' Talk 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	31 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	1 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	2 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 Meditation 3:00 Art

\*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.