

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

NOVEMBER 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 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 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution* 1:00 Meditation 3:00 Art
5 9:30 Breakfast Chat 10:00 Baking 1:30 Self Esteem 3:00 Pictionary	6 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	7 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:30 Birthday & Award Celebration 1:00 Dual-Diagnosis 2:00 Art	8 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	9 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution* 1:00 Meditation 3:00 Art
12 CENTER CLOSED FOR OBSERVATION OF 	13 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	14 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	15 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning THANKSGIVING LUNCH @ 12pm	16 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution* 1:00 Meditation 3:00 Art
19 9:30 Breakfast Chat 10:00 Baking 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Art 3:00 Pictionary	20 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 *The Wellness Center will be in the Thomson Room*	21 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art FOOD DISTRIBUTION @ 12pm	22 CENTER CLOSED 	23 CENTER CLOSED
26 9:30 Breakfast Chat 10:00 Baking 11:00 Self Esteem 12:00 Relationships & Communications 1:00 Approach to Wellness – Dr. H. 2:00 Art 3:00 Pictionary	27 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	28 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	29 9:00 Walk n' Talk 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion Outing: Jelly Belly Factory	30 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution* 1:00 Board Games 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.