


# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## DECEMBER 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>9:30 Breakfast Chat 10:00 Baking 1:30 Self Esteem 3:00 Pictionary</p>	<p>4</p> <p>9:00 Topic Chat 10:00 Low Impact Moves 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 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 <b>12:30 Birthday &amp; Award Celebration</b> 1:00 Dual-Diagnosis 2:00 Art</p>	<p>6</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie &amp; Discussion</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 Meditation 3:00 Art</p>
<p>10</p> <p>9:30 Breakfast Chat 10:00 Baking 11:00 Self Esteem 12:00 Relationships &amp; Communications 1:00 Art 2:00 Approach to Wellness – Dr. H. 3:00 Pictionary</p>	<p>11</p> <p>9:00 Topic Chat 10:00 Low Impact Moves 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 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>13</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie &amp; Discussion</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 Meditation 3:00 Art</p>
<p>17</p> <p>9:30 Breakfast Chat 10:00 <b>Baking – Holiday Cookies</b> 11:00 Self Esteem 12:00 Relationships &amp; Communications 1:00 Art 3:00 Pictionary</p>	<p>18</p> <p>9:00 Topic Chat 10:00 Low Impact Moves 11:00 Positivity 12:00 Gratitude 1:00 Illness Management Recovery – Cheri 2:00 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 Board Games</p> <p style="text-align: center;"><b>Outing: Movies</b></p>	<p>20</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie &amp; Discussion</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 Meditation 3:00 Art</p>
<p>24</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p>25</p> <p style="text-align: center;"><b>CENTER CLOSED</b></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>27</p> <p>9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie &amp; Discussion</p>	<p>28</p> <p>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</p>
<p>31</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p>1</p> <p style="text-align: center;"><b>CENTER CLOSED</b></p> 	<p>2</p> <p>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</p>		

**\*\*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.