



MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

JANUARY 2019

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
31 CENTER CLOSED	1 CENTER CLOSED 	2 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	3 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	4 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Meditation 2:00 Group Games 3:00 Art
7 9:30 Breakfast Chat 11:00 Baking 12:30 Self Esteem 1:00 Relationships & Communications 2:00 Art 3:00 Pictionary	8 9:00 Topic Chat 10:00 Free to Choose 11:00 Positivity 12:00 Low Impact Moves/Stretching 1:00 Group Games 2:00 Art 3:00 Bingo	9 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	10 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	11 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Meditation 2:00 Group Games 3:00 Art
14 9:30 Breakfast Chat 11:00 Baking 12:30 Self Esteem 1:00 Relationships & Communications 2:00 Art 3:00 Pictionary OUTING: Shopping Day	15 9:00 Topic Chat 10:00 Free to Choose 11:00 Positivity 12:00 Low Impact Moves/Stretching 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	16 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	17 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	18 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Meditation 2:00 Group Games 3:00 Art
21 CENTER CLOSED 	22 9:00 Topic Chat 10:00 Free to Choose 11:00 Positivity 12:00 Low Impact Moves/Stretching 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	23 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	24 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	25 9:00 Check-in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Meditation 2:00 Group Games 3:00 Art
28 9:30 Breakfast Chat 11:00 Baking 12:30 Self Esteem 1:00 Relationships & Communications 2:00 Approach to Wellness – Dr. H. 3:00 Pictionary	29 9:00 Topic Chat 10:00 Free to Choose 11:00 Positivity 12:00 Low Impact Moves/Stretching 1:00 Illness Management Recovery – Cheri 2:00 Art 3:00 Bingo	30 9:00 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Dual-Diagnosis 2:00 Art	31 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	1 9:00 Check-in 10:00 Member's Meeting 11:00 NAMI Connect 12:00 Food Distribution** 1:00 Meditation 2:00 Group Games 3:00 Art

*Free to Choose is 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.