






February 2019
MHSA Davis Wellness Center
Mondays 11 am – 4:30 pm
Wednesdays 11 am – 4:00 pm
600 A Street, Davis CA 95616

Mon	Tue	Wed	Thu	Fri
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4  Davis Wellness Center - Grand Opening Party! 11am – 4 pm	5 <i>Printmaking Art Group at Woodland Wellness Center (WWC) 2:00-3:00</i>	6 TAY Top Chef 11:30-12:30 Art 1:00-2:00 Mindfulness 1:30-2:30 Group Games 2:30-3:30 <i>Connections at WWC 4:30-6:00</i>	7 Center Closed	8 Center Closed
	Center Closed			
11  TAY Top Chef 11:30-12:30 WORD 1:00-2:00 #Goals 1:30-2:30 Weekly Wellness 3:00-4:00 Therapeutic Gaming Group 3:00-4:00	12 <i>Printmaking Art Group at Woodland Wellness Center (WWC) 2:00-3:00</i>	13 Single Awareness Party! 11:00am – 3:00pm 	14 Center Closed	15 Center Closed
18 Center Closed for Observation of President's Day 	19 <i>Printmaking Art Group at Woodland Wellness Center (WWC) 2:00-3:00</i>	20 TAY Top Chef 11:30-12:30 Art 1:00-2:00 Mindfulness 1:30-2:30 Group Games 2:30-3:30 <i>Connections at WWC 4:30-6:00</i>	21 Pizza and Bowling Outing 11:00-3:00pm 	22 Center Closed
	Center Closed		Center Closed	
25 TAY Top Chef 11:30-12:30 WORD 1:00-2:00 #Goals 1:30-2:30 Weekly Wellness 3:00-4:00 Therapeutic Gaming Group 3:00-4:00	26 <i>Printmaking Art Group at Woodland Wellness Center (WWC) 2:00-3:00</i>	27 TAY Top Chef 11:30-12:30 Art 1:00-2:00 Mindfulness 1:30-2:30 Group Games 2:30-3:30 <i>Connections at WWC 4:30-6:00</i>	28 Center Closed	
	Center Closed			

Shuttle Ride Information

- 10:30am** – Shuttle departs Woodland Wellness Center to Davis Wellness Center
11:30am – Shuttle departs from West Sacramento County Office to Davis Wellness Center
02:00pm – Shuttle departs from Davis Wellness Center to Woodland Wellness Center
02:30pm – Shuttle departs from Woodland Wellness Center to Davis Wellness Center

Group Descriptions

TAY-Top Chefs	Monday and Wednesday TAY participants will put their chef hats on and make delicious and nutritious meals for the participants of the Wellness Center and learn new recipes and skills to take home!
W.O.R.D	Writing Our Realities Down is a weekly drop-in therapy group that be will using writing, art-making and other creative expressions to help participants increase wellness and cope with unwanted symptoms and stress.
#Goals	A weekly workshop dedicated to building the skills necessary for living a more independent life. Topics will include: Budgeting, Healthy relationships, Coping skills and Resume-Building
Weekly Wellness	Participants will engage in different aspects of wellness, which include: physical, emotional, social, environmental, spiritual and financial wellness.
Therapeutic Gaming Group	TBD
Art	Participants will unwind and relax by experimenting with different art and craft mediums such as watercolor, color pencils, clay, soap, and more.
Mindfulness	Participants will learn and practice basic mindfulness techniques in a safe and relaxing environment. Mindfulness practice has been shown to improve mood and sense of well-being, decrease anxiety, and improve concentration.
Group Games	Participants will socially engage with their peers by playing fun games such as jenga, bingo, monopoly, and many more.
Connections at Woodland Wellness Center Group	Come connect with other TAY in a safe, no-pressure environment. We will connect with each other through different activities, share a meal together and encourage each other.