



# MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

## FEBRUARY 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

*\*African American/Black History Month\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Check-in 10:00 <b>Member's Meeting</b> 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Meditation 2:00 Art 3:00 Group Games
4 9:30 Breakfast Chat 1:00 Group Games 2:00 Co-occurring 3:00 Pictionary	5 9:30 Topic Chat 10:00 Free to Choose 11:00 Positivity 1:00 Illness Management Recovery – Cheri 2:00 Art w/ Christian 3:00 Bingo	6 9:30 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 12:30 <b>Celebration &amp; Raffle Drawing</b> 1:00 Gratitude 2:00 Art	7 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	8 9:30 Check-in 10:00 Reflections 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Meditation 2:00 Art 3:00 Group Games  <i>Parinirvana or Nirvana Day</i>
11 9:30 Breakfast Chat 11:00 Baking 12:30 Self Esteem 1:00 Wii & Group Games 2:00 Co-occurring 3:00 Pictionary	12 9:30 Topic Chat 10:00 Free to Choose 11:00 Positivity 1:00 Illness Management Recovery – Cheri 2:00 Art w/ Christian 3:00 Bingo	13 9:30 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Gratitude 2:00 Art	14 9:00 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion 2:00 <b>Valentine's Day Art</b>  	15 9:30 Check-in 10:00 <b>Member's Meeting</b> 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Meditation 2:00 Art 3:00 Group Games
18 <b>CENTER CLOSED</b> 	19 9:30 Topic Chat 10:00 Free to Choose 11:00 Positivity 1:00 Illness Management Recovery – Cheri 2:00 Art w/ Christian 3:00 Bingo	20 9:30 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Gratitude 2:00 Art	21 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Animal Assistance Therapy Introduction – Walker Room 1:00 Movie & Discussion	22 9:30 Check-in 10:00 Reflections 11:00 <b>NAMI Connect</b> 12:00 <b>Food Distribution**</b> 1:00 Meditation 2:00 Art 3:00 Group Games
25 9:30 Breakfast Chat 11:00 Baking 12:30 Self Esteem 1:00 Wii & Group Games 2:00 Co-occurring 3:00 Pictionary  <b>Outing: Bowling</b>	26 9:30 Topic Chat 10:00 Free to Choose 11:00 Positivity 1:00 Illness Management Recovery – Cheri 2:00 Art w/ Christian 3:00 Bingo	27 9:30 Check-in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition 1:00 Gratitude 2:00 Art	28 9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Board Games 1:00 Movie & Discussion	

*\*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.**