

March 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
				1
4	5	Crocker Outing 6	7	8
TAY Top Chef 11:30-12:30	<i>Printmaking Art Group at</i>	TAY Top Chef 11:30-12:30	Center Closed	Center Closed
WORD 1:00-2:00	<i>Woodland</i>	Art 1:00-2:00		
#Goals 2:00-2:30	<i>Wellness Center (WWC) 2:00-3:00</i>	Mindfulness 1:30-2:30		
Weekly Wellness 3:00-4:00		Group Games 2:30-3:30		
Therapeutic Gaming Group 3:00-4:00	Center Closed	<i>Connections at WWC 4:30-6:00</i>		
11	12	13	14	15
Cook N' with TAY 11:30-12:30	<i>Printmaking Art Group at</i>	TAY Top Chef 11:30-12:30	Center Closed	Center Closed
WORD 1:00-2:00	<i>Woodland</i>	Journaling 1:00-1:30		
#Goals 2:00-2:30	<i>Wellness Center (WWC) 2:00-3:00</i>	Mindfulness 1:30-2:30		
Weekly Wellness 3:00-3:30 Therapeutic Gaming Group 3:00-4:00	Center Closed	Group Games 2:30-3:30 <i>Connections at WWC 4:30-6:00</i>		
18	19	20	21	22
Cook N' with TAY 11:30-12:30	<i>Printmaking Art Group at</i>	TAY Top Chef 11:30-12:30	Movies Outing	Center Closed
WORD 1:00-2:00	<i>Woodland</i>	Art 1:00-2:00	11:00-2:00	
#Goals 2:00-2:30	<i>Wellness Center (WWC) 2:00-3:00</i>	Mindfulness 1:30-2:30		
Weekly Wellness 3:00-3:30 Therapeutic Gaming Group 3:00-4:00	Center Closed	Group Games 2:30-3:30 <i>Connections at WWC 4:30-6:00</i>	Center Closed	
25	26	27	28	
Cook N' with TAY 11:30-12:30	<i>Printmaking Art Group at</i>	TAY Top Chef 11:30-12:30	Center Closed	
WORD 1:00-2:00	<i>Woodland</i>	Art 1:00-2:00		
#Goals 2:00-2:30	<i>Wellness Center (WWC) 2:00-3:00</i>	Mindfulness 1:30-2:30		
Weekly Wellness 3:00-3:30		Group Games 2:30-3:30		
Therapeutic Gaming Group 3:00-4:00	Center Closed	<i>Connections at WWC 4:30-6:00</i>		

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	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.
Journaling	Vote on ideas of what to write about each group, or try a continual journaling approach of your own. Whether it's a creative writing assignment, a writing assignment based on an article, life choices or goals, this time gives you an opportunity to express yourself and explore your writing on a fun based level.
Cook N' with TAY	Clients will have the opportunity to acquire new skills to prepare meals for participants of the Wellness Center and learn new recipes to take home!