

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

MARCH 2019

Wellness Center Hours: 9:00 a.m. – 4:00 p.m. / Monday - Friday

TAY Hours: Wednesday 4:30 pm – 6:00 pm

137 North Cottonwood Street, Room 1506, Woodland, CA 95695 / Phone: (530) 666-8630

Women's History Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Check in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindful Meditation 2:00 Art
4 9:30 Breakfast Chat 11:00 Baking 12:00 Group Games 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary	5 9:30 Topic Chat 10:00 <i>Free to Choose</i> 11:30 Self Esteem 1:00 Illness Management Recovery w/ 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 <i>Raffle & Celebration</i> 1:00 Gratitude 2:00 Art	7 9:30 Topic Chat 10:00 Mindful Journaling 11:00 Weekend Planning 12:00 Group Games 1:00 Movie Day	8 9:30 Check in 10:00 Reflections 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindful Meditation 2:00 Art
11 9:30 Breakfast Chat 10:00 <i>St. Patrick's Day Baking</i> 12:00 Photography <i>(NEW!)</i> 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary	12 9:30 Topic Chat 10:00 <i>Free to Choose</i> 11:30 Self Esteem 1:00 Illness Management Recovery w/ 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 <i>Celebration for Brad</i> 1:00 Gratitude 2:00 Art	14 9:30 Topic Chat 10:00 Mindful Journaling 11:00 Weekend Planning 12:00 Group Games 1:00 Movie Day	15 9:30 Check in 10:00 Growing with Nature <i>(NEW!)</i> 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindful Meditation 2:00 <i>St. Patrick's Day Puzzles and Art</i>
18 9:30 Breakfast Chat 11:00 Group Games 2:00 Co-occurring 3:00 Pictionary	19 9:30 Topic Chat 10:00 <i>Free to Choose</i> 11:30 Self Esteem 1:00 Illness Management Recovery w/ 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 Cooking w/ Wellness <i>(NEW!)</i> 1:30 Gratitude 2:30 Art	21 9:30 Topic Chat 10:00 Mindful Journaling 11:00 Weekend Planning 12:00 <i>Stress Management w/ Animal Assisted Therapy – Walker Room</i> 1:00 Movie Day	22 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindful Meditation 2:00 Art
25 9:30 Breakfast Chat 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary OUTING Old Sacramento	26 9:30 Topic Chat 10:00 <i>Free to Choose</i> 11:30 Self Esteem 1:00 Illness Management Recovery w/ 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 Cooking w/ Wellness 1:30 Gratitude 2:30 Art	28 9:30 Topic Chat 10:00 Mindful Journaling 11:00 Weekend Planning 12:00 Group Games 1:00 Movie Day	29 9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindful Meditation 2:00 Art



**Free to Choose is by referral only.*