

MHSA ADULT AND TAY WELLNESS CENTER WOODLAND

APRIL 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
<p>1</p> <p>9:30 Breakfast Chat 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary</p>	<p>2</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri 2:00 Art w/ Christian 3:00 Bingo</p>	<p>3</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Nutrition & Celebration 1:30 Member's Meeting 2:30 Art</p>	<p>4</p> <p>9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Art 1:00 Movie</p>	<p>5</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindfulness Meditation 2:00 Art</p>
<p>8</p> <p>9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary</p>	<p>9</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri 2:00 Art w/ Christian 3:00 Bingo</p>	<p>10</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Low Impact Stretching 2:30 Art</p>	<p>11</p> <p>9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Art 1:00 Movie</p>	<p>12</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindfulness Meditation 2:00 Art</p>
<p>15</p> <p>9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary Visit to S.T.A.Y. Well Center</p>	<p>16</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri 2:00 Art w/ Christian 3:00 Bingo</p>	<p>17</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Member's Meeting 2:30 Art</p>	<p>18</p> <p>9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Stress Management w/ Animal Assisted Therapy – Walker Room 1:00 Movie</p>	<p>19</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindfulness Meditation 2:00 Art</p>
<p>22</p> <p>9:30 Breakfast Chat 11:00 Group Games 2:00 Co-occurring 3:00 Pictionary</p>	<p>23</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri 2:00 Art w/ Christian 3:00 Bingo</p>	<p>24</p> <p>9:30 Check in 10:00 Women's Group 11:00 Men's Group 12:00 Cooking w/ Wellness 1:30 Low Impact Stretching 2:30 Art</p>	<p>25</p> <p>9:30 Topic Chat 10:00 Journaling 11:00 Weekend Planning 12:00 Art 1:00 Movie</p>	<p>26</p> <p>9:30 Check in 10:00 Growing with Nature 11:00 NAMI Connect 12:00 Food Distribution 1:00 Mindfulness Meditation 2:00 Art Outing: Sutter's Fort</p>
<p>29</p> <p>9:30 Breakfast Chat 10:00 Self Esteem 11:00 Baking 12:00 Photography 1:00 Wii Games 2:00 Co-occurring 3:00 Pictionary</p>	<p>30</p> <p>9:30 Topic Chat 10:00 Free to Choose* 11:30 Gratitude 1:00 Illness Management Recovery w/ Cheri 2:00 Art w/ Christian 3:00 Bingo</p>			

*Free to Choose is by referral only.

