

**May 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
		<b>1</b> TAY Top Chef 11:00-1:00	<b>2</b> Center Closed	<b>3</b> Center Closed
		Mindfulness 1:30-2:30		
		Group Games 2:30-3:30		
		Connections at WWC 4:30-6:00		
<b>6</b> Cook N' With TAY 11:00-1:00	<b>7</b> Art Group at Woodland	<b>8</b> TAY Top Chef 11:00-1:00	<b>9</b> Center Closed	<b>10</b> Center Closed
Journaling 1:30-2:00	Wellness Center	Mindfulness 1:30-2:30		
#Goals 2:00-2:30	(WWC) 2:00-3:00	Group Games 2:30-3:30		
Weekly Wellness 2:30-3:00				
Therapeutic Gaming Group 3:00-4:00	Center Closed			
<b>13</b> Cook N' With TAY 11:00-1:00	<b>14</b> Art Group at Woodland	<b>15</b> Center Closed	<b>16</b> Center Closed	<b>17</b> Center Closed
Art 1:30-2:30	Wellness Center			
Weekly Wellness 2:30-3:00	(WWC) 2:00-3:00			
Therapeutic Gaming Group 3:00-4:00	Center Closed			
<b>20</b> Cook N' With TAY 11:00-1:00	<b>21</b> Art Group at Woodland	<b>22</b> TAY Top Chef 11:00-1:00	<b>23</b> Center Closed	<b>24</b> Center Closed
<b>Digital Stories Premier 3:30-5:30</b>	Wellness Center	Mindfulness 1:30-2:30		
	(WWC) 2:00-3:00	Group Games 2:30-3:30		
	Center Closed	Connections at WWC 4:30-6:00		
<b>27</b> 	<b>28</b> Art Group at Woodland	<b>29</b> TAY Top Chef 11:00-1:00	<b>30</b> Center Closed	<b>31</b> Center Closed
<b>Memorial Day Holiday</b>	Wellness Center	Mindfulness 1:30-2:30	<b>Art Show Exhibit 11:00-4:00</b>	<b>Art Show Award Ceremony 1:00</b>
<b>Center Closed</b>	(WWC) 2:00-3:00	Group Games 2:30-3:30	<b>Bauer Building, Walker Room</b>	<b>Woodland Wellness Center</b>
	Center Closed	Connections at WWC 4:30-6:00		

## 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

**02:30pm** – Shuttle departs from Davis Wellness Center to West Sacramento County Office

***Depending on certain circumstances, changes may occur to the shuttle schedule. We will try our best to inform clients when such changes occur.***

## 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!
#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!