

**September 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>2</b>                              | <b>3</b>      | <b>4</b>                        | <b>5</b>      | <b>6</b>      |
| <b>Happy Labor Day!</b>               | Center Closed | TAY Top Chef<br>11:00-1:00      | Center Closed | Center Closed |
|                                       |               | Mindfulness<br>1:30-2:30        |               |               |
|                                       |               | Group Games<br>2:30-3:30        |               |               |
|                                       |               | Connections at WWC<br>4:30-6:00 |               |               |
| <b>9</b>                              | <b>10</b>     | <b>11</b>                       | <b>12</b>     | <b>13</b>     |
| TAY Top Chef<br>11:00-1:00            | Center Closed | TAY Top Chef<br>11:00-1:00      | Center Closed | Center Closed |
| Therapeutic Gaming<br>Group 1:30-2:30 |               | Mindfulness<br>1:30-2:30        |               |               |
| Weekly Wellness<br>2:30-3:00          |               | Group Games<br>3:00-3:30        |               |               |
| Journaling<br>3:00-3:30               |               | Connections at WWC<br>4:30-6:00 |               |               |
| <b>16</b>                             | <b>17</b>     | <b>18</b>                       | <b>19</b>     | <b>20</b>     |
| TAY Top Chef<br>11:00-1:00            | Center Closed | TAY Top Chef<br>11:00-1:00      | Center Closed | Center Closed |
| Therapeutic Gaming<br>Group 1:30-2:30 |               | Mindfulness<br>1:30-2:30        |               |               |
| Weekly Wellness<br>2:30-3:00          |               | Group Games<br>2:30-3:00        |               |               |
| Art 3:00-4:00                         |               | Connections at WWC<br>4:30-6:00 |               |               |
| <b>23</b>                             | <b>24</b>     | <b>25</b>                       | <b>26</b>     | <b>27</b>     |
| TAY Top Chef<br>11:00-1:00            | Center Closed | TAY Top Chef<br>11:00-1:00      | Center Closed | Center Closed |
| Therapeutic Gaming<br>Group 1:30-2:30 |               | Mindfulness<br>1:30-2:30        |               |               |
| Weekly Wellness<br>2:30-3:00          |               | Group Games<br>3:00-3:30        |               |               |
| Journaling<br>3:00-3:30               |               | Connections at WWC<br>4:30-6:00 |               |               |
| <b>30</b>                             |               |                                 |               |               |
| TAY Top Chef<br>11:00-1:00            |               |                                 |               |               |
| Therapeutic Gaming<br>Group 1:30-2:30 |               |                                 |               |               |
| Weekly Wellness<br>2:30-3:00          |               |                                 |               |               |
| Art 3:00-4:00                         |               |                                 |               |               |

## 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 (Wednesday)** – Shuttle departs from Davis Wellness Center to West Sacramento County Office

**03:30pm (Monday)** – 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 Chef                                  | 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                      | Participants will engage in skill building exercises through the medium of cooperative and competitive tabletop gaming.   |
| 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. |