

October 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	2	3	4
	Center Closed	TAY Top Chef 11:00-1:00	Center Closed	Center Closed
		Mindfulness 1:30-2:30		
		Group Games 2:30-3:30		
		Connections at WWC 4:30-6:00		
7	8	9	10	11
TAY Top Chef 11:00-1:00	Center Closed	TAY Top Chef 11:00-1:00	Center Closed	Center Closed
Therapeutic Gaming Group 1:30-2:30		Mindfulness 1:30-2:30		
Weekly Wellness 2:30-3:00		Group Games 3:00-3:30		
Journaling 3:00-3:30		Connections at WWC 4:30-6:00		
14	15	16	17	18
TAY Top Chef 11:00-1:00	Center Closed	TAY Top Chef 11:00-1:00	Center Closed	Center Closed
Therapeutic Gaming Group 1:30-2:30		Mindfulness 1:30-2:30		
Weekly Wellness 2:30-3:00		Group Games 2:30-3:00		
Amber's Art Activities 3:00-4:00		Connections at WWC 4:30-6:00		
21	22	23	24	25
TAY Top Chef 11:00-1:00	Center Closed	TAY Top Chef 11:00-1:00	Center Closed	Center Closed
Therapeutic Gaming Group 1:30-2:30		Mindfulness 1:30-2:30		
Weekly Wellness 2:30-3:00		Group Games 3:00-3:30		
Journaling 3:00-3:30		Connections at WWC 4:30-6:00		
28	29	30	31	
The Wellness Center	Center Closed		Happy	
Halloween Party!!!			Halloween	
Starts @ 1:00 pm			!!!	

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.
Amber’s Art Activities	Participants will unwind and relax in a client-run activity 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.