

# March 2020

## MHSA TAY Wellness Center

500-B Jefferson Blvd., West Sacramento, CA 95605 (Mondays 11 am – 3:30 pm)

600 A Street, Davis, CA 95616 (Tuesdays 11 am – 3:30 pm)

137 North Cottonwood St., Woodland, CA 95695 (Wednesdays 1:30 pm – 6:00 pm)

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Let's Get Moving 1:00-1:30	TAY Wellness Activities 11:00-3:30	Amber's Art Activities 1:30-3:00 (Williams)	Center Closed	Center Closed
Drop-In Hang Outs 1:30-4:30		Wellness Center AG 4:00-6:00		
		Connections at WWC 4:00-6:00		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Let's Get Moving 11:00-11:30	TAY Wellness Activities 11:00-3:30	Amber's Art Activities 1:30-3:00 (Thomson)	Center Closed	Center Closed
Drop-In Hang Outs 11:30-3:30		Wellness Center AG 4:00-6:00		
		Connections at WWC 4:00-6:00		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Let's Get Moving 11:00-11:30	TAY Wellness Activities 11:00-3:30	Amber's Art Activities 1:30-3:00 (Walker)	Center Closed	Center Closed
Drop-In Hang Outs 11:30-3:30		Wellness Center AG 4:00-6:00		
		Connections at WWC 4:00-6:00		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Let's Get Moving 11:00-11:30	TAY Wellness Activities 11:00-3:30	Amber's Art Activities 1:30-3:00 (Williams)	Center Closed	Center Closed
Drop-In Hang Outs 11:30-3:30		Wellness Center AG 4:00-6:00		
		Connections at WWC 4:00-6:00		
<b>30</b>	<b>31</b>			
Let's Get Moving 11:00-11:30	TAY Wellness Activities 11:00-3:30			
Drop-In Hang Outs 11:30-3:30				

## 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
Let's Get Moving!	Participants will engage in a variety of fun physical activities, which include but are not limited to: running, playing sports and indoor exercises.
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.
Substance Use	An open forum group for discussing experiences with addiction and effective coping mechanisms for dealing with it.
The Wellness Center Adventurer's Guild	Participants join forces in a battle against powerful foes as they play Tabletop Roleplaying Games, developing problem solving skills, social literacy, and stress management in a therapeutic setting. Due to current staffing limitations, there is a 5-player cap for each group session.