



MHSA ADULT WELLNESS CENTER WOODLAND

MAY 2024

Wellness Center Hours 10:00 am – 3:00 pm

137 N Cottonwood St. Woodland, CA 95695 Phone: 530-666-863

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Clinical SUD 11:00 Men's Group 12:00 Budgeting 1:00 Reflections 2:00 Heightened Emotional Control	2 10:00 Check-In 10:30 WRAP Group 11:30 Positivity 12:30 Cooking with Wellness 2:00 Mandala and Music	3 10:00 Breakfast and weekend planning 11:00 Women's Group 12:30 YoloArts 2:00 News Topic
6 10:00 Weekend Wrap-up 10:30 Mindfulness Monday 11:30 Bingo 1:00 Gardening 2:00 Travel Group	7 10:00 Gratitude 11:00 Self Care 12:00 Stretch/Walk 1:00 Movie	8 10:00 Clinical SUD 11:00 Men's Group 12:00 Budgeting 1:00 Reflections 2:00 Heightened Emotional Control	9 10:00 Check-In 10:30 WRAP Group 11:30 Positivity 12:30 Cooking with Wellness 2:00 Mandala and Music	10 10:00 Breakfast and weekend planning 11:00 Women's Group 12:30 YoloArts 2:00 News Topic
13 10:00 Weekend Wrap-up 10:30 Mindfulness Monday 11:30 News Topics 1:00 Gardening 2:00 Travel Group	14 10:00 Gratitude 11:00 Self Care 12:00 Stretch/Walk 1:00 Movie	15 10:00 Clinical SUD 11:00 Men's Group 12:00 Budgeting 1:00 Reflections 2:00 Heightened Emotional Control	16 10:00 Check-In 10:30 WRAP Group 11:30 Positivity 12:30 Cooking with Wellness 2:00 Mandala and Music	17 10:00 Breakfast and weekend planning 11:00 Women's Group 12:00 Art Tie-Dye 2:00 Mental Health Awareness Event
20 10:00 Weekend Wrap-up 10:30 Mindfulness Monday 11:30 News Topics 1:00 Gardening 2:00 Travel Group	21 10:00 Gratitude 11:00 Self Care 12:00 Stretch/Walk 1:00 Movie	22 10:00 Clinical SUD 11:00 Men's Group 12:00 Budgeting 1:00 Reflections 2:00 Heightened Emotional Control	23 10:00 Check-In 10:30 WRAP Group 11:30 Positivity 12:30 Cooking with Wellness 2:00 Mandala and Music	24 10:00 Breakfast and weekend planning 11:00 Women's Group 12:00 Art 1:30 Bingo
27 CLOSED MEMORIAL DAY	28 10:00 Gratitude 11:00 Self Care 12:00 Stretch/Walk 1:00 Movie 	29 10:00 Clinical SUD 11:00 Men's Group 12:00 Budgeting 1:00 Reflections 2:00 Heightened Emotional Control	30 YOLO COUNTY WELLNESS PICNIC @ Fern's Park 11-2:00	31 10:00 Breakfast and weekend planning 11:00 Women's Group 12:00 Art 1:30 Bingo

