



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Community Meeting 12:00pm</p> <p>10:00 to 10:50 Baseball board game (TR) 10:00 to 11:00 Embroidery (Art A) 11:00 to 12:00 D.B.S.A. (Art A) 11:00 to 11:50 Employment Preparation (Co A) 1:00 to 1:50 Anger Management (GR) 1:00 to 1:50 Art Class (Art A) 2:00 to 4:30 Disc Golf (OS) 2:00 to 2:50 Our Spirituality (SR) 2:00 to 2:50 Healthy Relationships (MA) 3:00 to 3:50 Understanding Mental Illness (TR) 3:00 to 3:50 Schizophrenia Alliance (GR) 4:00 to 4:50 Emotions Anonymous (GR) 4:00 to 4:50 Recovery in Action (TR)</p>	<p>3</p> <p>10:00 to 10:50 Life in Process (GR) 10:30 to 2:00 Movie Time (Off Site) 11:00 to 11:50 Pursuit to Happiness (MA) 11:00 to 11:50 Beginning Typing (Co A) 12:00 to 12:50 Pathways to Recovery (TR) 12:00 to 12:50 Social Games (Art A) 1:00 to 1:50 Comics History (Art A) 1:00 to 1:50 Resume Development (Co A) 2:00 to 2:50 NA Meeting (MA) 2:00 to 2:50 Poetry Group (GR) 3:00 to 3:50 Coping Skills (MA) 3:00 to 3:50 Three's Company (GR) 4:00 to 4:50 Stretching Dollars (MA) 4:00 to 4:50 Stress Management (GR)</p>	<p>4</p>  <p>Wellness Center South will be closed due to the Holiday</p>	<p>5</p> <p>10:00 to 10:50 Ending Isolation (MA) 10:00 to 10:50 Yoga (SR) 11:00 to 11:50 BINGO (Art A) 12:00 to 12:50 Men's Group (MA) 12:00 to 12:50 Adult Coloring (Art A) 1:00 to 1:50 Dual Recovery Anonymous (MA) 1:00 to 1:50 Book Club (GR) 2:00 to 2:50 Anger Management (MA) 2:00 to 2:50 Exploring Feelings (Art A) 3:00 to 3:00 Family 1+1 (MA) 3:00 to 3:50 Around the World (Co A) 4:00 to 4:50 Basics of Meditation (SR) 4:00 to 4:50 Active Listening (MA)</p>	<p>6</p> <p>10:00 to 10:50 Gardening (OS) 9:30 to 11:30 Food Bank (OS) 11:00 to 11:50 W.R.A.P. (GR) Creative Writing (TR) 12:00 to 12:50 Adult coloring (Art A)/Co Dependency (GR) 1:00 to 1:50 Diversity (MA) 1:00 to 1:50 Recovery System (TR) 1:30 to 3:30 Bowling Tournament (OS) 2:00 to 2:50 AA Meeting (MA) 2:00 to 2:50 Cooking on a Budget (CU A) 3:00 to 3:50 Expressive Arts (Art A) Self Esteem (TR) 4:00 to 4:50 Relapse Prevention (TR) 4:00 to 4:50 Mind Over Mood (MA) 5:00 to 5:50 D.B.S.A. (Art A) Board Games (MA) 5:00 to 6:50 Movie Night (TR)</p>	<p>7</p> <p>10:00 to 10:50 Beading for Beginners (Art A) 10:00 to 10:50 P.E.A.C.E (MA) 11:00 to 11:50 Creative Inspiration (Art A) 11:00 to 11:50 Goal Setting (MA) 11:00 to 3:00 Social Outing - San Clemente Beach Trail San Clemente, CA 92672 12:00 to 1:00 D.B.S.A. (TR) 1:00 to 1:50 BINGO (MA) 1:00 to 1:50 Vision Board (Art A) 2:00 to 2:50 Water Color (Art A) 2:00 to 2:50 Positive Thinking (TR) 3:00 to 3:50 Art & Crafts (Art A) 3:00 to 3:50 Cartooning Class (TR) 4:00 to 4:50 Relaxation Group (SR)</p>
<p>9 Community Meeting 12:00pm</p> <p>10:00 to 10:50 Baseball board game (TR) 10:00 to 11:00 Embroidery (Art A) 11:00 to 12:00 D.B.S.A. (Art A) 11:00 to 11:50 Employment Preparation (Co A) 1:00 to 1:50 Anger Management (GR) 1:00 to 1:50 Art Class (Art A) 2:00 to 4:30 Disc Golf (OS) 2:00 to 2:50 Our Spirituality (SR) 2:00 to 2:50 Healthy Relationships (MA) 3:00 to 3:50 Understanding Mental Illness (TR) 3:00 to 3:50 Schizophrenia Alliance (GR) 4:00 to 4:50 Emotions Anonymous (GR) 4:00 to 4:50 Recovery in Action (TR)</p>	<p>10</p> <p>10:00 to 10:50 Life in Process (GR) 10:30 to 2:00 Movie Time (Off Site) 11:00 to 11:50 Pursuit to Happiness (MA) 11:00 to 11:50 Beginning Typing (Co A) 12:00 to 12:50 Pathways to Recovery (TR) 12:00 to 12:50 Social Games (Art A) 1:00 to 1:50 Comics History (Art A) 1:00 to 1:50 Resume Development (Co A) 2:00 to 2:50 NA Meeting (MA) 2:00 to 2:50 Poetry Group (GR) 3:00 to 3:50 Coping Skills (MA) 3:00 to 3:50 Three's Company (GR) 4:00 to 4:50 Stretching Dollars (MA) 4:00 to 4:50 Stress Management (GR)</p>	<p>11</p> <p>10:00 to 11:00 D.B.S.A. (Art A) 11:00 to 11:50 Internet Support (Co A) 12:00 to 12:50 Adult Coloring (Art A) 12:15 to 2:00 Bowling Lake Forest Lanes (OS) 1:00 to 1:50 Beading for Beginners (Art A) 2:00 to 2:50 Women's Group (SR) 2:00 to 3:00 W.R.A.P. (TR) 3:00 to 3:50 Grief Support Group (MA) 3:00 to 3:50 Job Readiness (Co A) 4:00 to 4:50 Emotions Anonymous (MA) 4:00 to 4:50 Chess Club (TR)</p>	<p>12</p> <p>10:00 to 10:50 Ending Isolation (MA) 10:00 to 10:50 Yoga (SR) 11:00 to 11:50 BINGO (Art A) 12:00 to 12:50 Men's Group (MA) 12:00 to 12:50 Adult Coloring (Art A) 1:00 to 1:50 Dual Recovery Anonymous (MA) 1:00 to 1:50 Book Club (GR) 2:00 to 2:50 Anger Management (MA) 2:00 to 2:50 Exploring Feelings (Art A) 3:00 to 3:00 Family 1+1 (MA) 3:00 to 3:50 Around the World (Co A) 4:00 to 4:50 Basics of Meditation (SR) 4:00 to 4:50 Active Listening (MA)</p>	<p>13 M.A.B. Meeting @ 2:00pm</p> <p>10:00 to 10:50 Gardening (OS) 10:00 to 10:50 Exercise Games (OS) 11:00 to 11:50 W.R.A.P. (GR) Creative Writing (TR) 12:00 to 12:50 Adult Coloring (Art A)/Co Dependency (GR) 1:00 to 1:50 Diversity (MA) 1:00 to 1:50 Recovery System (TR) 2:00 to 2:50 AA Meeting (MA) 2:00 to 2:50 Cooking on a Budget (CU A) 3:00 to 3:50 Expressive Arts (Art A) Self Esteem (TR) 4:00 to 4:50 Relapse Prevention (TR) 4:00 to 4:50 Mind Over Mood (MA) 5:00 to 5:50 D.B.S.A. (Art A) Board Games (MA) 5:00 to 6:50 Movie Night (TR)</p>	<p>14</p> <p>10:00 to 10:50 Beading for Beginners (Art A) 10:00 to 10:50 P.E.A.C.E (MA) 11:00 to 11:50 Creative Inspiration (Art A) 11:00 to 11:50 Goal Setting (MA) 11:00 to 3:00 Social Outing - Downtown Disney 1580 Disneyland Dr, Anaheim, CA 92802 12:00 to 1:00 D.B.S.A. (TR) 1:00 to 1:50 BINGO (MA) 1:00 to 1:50 Vision Board (Art A) 2:00 to 2:50 Water Color (Art A) 2:00 to 2:50 Positive Thinking (TR) 3:00 to 3:50 Art & Crafts (Art A) 3:00 to 3:50 Cartooning Class (TR) 4:00 to 4:50 Relaxation Group (SR)</p>
<p>16 Community Meeting 12:00pm</p> <p>10:00 to 10:50 Baseball board game (TR) 10:00 to 11:00 Embroidery (Art A) 11:00 to 12:00 D.B.S.A. (Art A) 11:00 to 11:50 Employment Preparation (Co A) 1:00 to 1:50 Anger Management (GR) 1:00 to 1:50 Art Class (Art A) 2:00 to 4:30 Disc Golf (OS) 2:00 to 2:50 Our Spirituality (SR) 2:00 to 2:50 Healthy Relationships (MA) 3:00 to 3:50 Understanding Mental Illness (TR) 3:00 to 3:50 Schizophrenia Alliance (GR) 4:00 to 4:50 Emotions Anonymous (GR) 4:00 to 4:50 Recovery in Action (TR)</p>	<p>17</p> <p>10:00 to 10:50 Life in Process (GR) 10:30 to 2:00 Movie Time (Off Site) 11:00 to 11:50 Pursuit to Happiness (MA) 11:00 to 11:50 Beginning Typing (Co A) 12:00 to 12:50 Pathways to Recovery (TR) 12:00 to 12:50 Social Games (Art A) 1:00 to 1:50 Comics History (Art A) 1:00 to 1:50 Resume Development (Co A) 2:00 to 2:50 NA Meeting (MA) 2:00 to 2:50 Poetry Group (GR) 3:00 to 3:50 Coping Skills (MA) 3:00 to 3:50 Three's Company (GR) 4:00 to 4:50 Stretching Dollars (MA) 4:00 to 4:50 Stress Management (GR)</p>	<p>18</p> <p>10:00 to 11:00 D.B.S.A. (Art A) 11:00 to 11:50 Internet Support (Co A) 12:00 to 12:50 Adult Coloring (Art A) 12:15 to 2:00 Bowling Lake Forest Lanes (OS) 12:30 to 1:30 Quit Smoking (TR) 1:00 to 1:50 Beading for Beginners (Art A) 2:00 to 2:50 Women's Group (SR) 2:00 to 3:00 W.R.A.P. (TR) 3:00 to 3:50 Grief Support Group (MA) 3:00 to 3:50 Job Readiness (Co A) 4:00 to 4:50 Emotions Anonymous (MA) 4:00 to 4:50 Chess Club (TR)</p>	<p>19</p> <p>10:00 to 10:50 Ending Isolation (MA) 10:00 to 10:50 Yoga (SR) 11:00 to 11:50 BINGO (Art A) 12:00 to 12:50 Men's Group (MA) 12:00 to 12:50 Adult Coloring (Art A) 1:00 to 1:50 Dual Recovery Anonymous (MA) 1:00 to 1:50 Book Club (GR) 2:00 to 2:50 Anger Management (MA) 2:00 to 2:50 Exploring Feelings (Art A) 3:00 to 3:50 Family 1+1 (MA) 3:00 to 3:50 Around the World (Co A) 4:00 to 4:50 Basics of Meditation (SR) 4:00 to 4:50 Active Listening (MA)</p>	<p>20</p> <p>10:00 to 10:50 Gardening (OS) 9:30 to 11:30 Food Bank (OS) 11:00 to 11:50 W.R.A.P. (GR) Creative Writing (TR) 12:00 to 12:50 Adult coloring (Art A)/Co Dependency (GR) 1:00 to 1:50 Diversity (MA) 1:00 to 1:50 Recovery System (TR) 2:00 to 2:50 AA Meeting (MA) 2:00 to 2:50 Cooking on a Budget (CU A) 3:00 to 3:50 Expressive Arts (Art A) Self Esteem (TR) 4:00 to 4:50 Relapse Prevention (TR) 4:00 to 4:50 Mind Over Mood (MA) 5:00 to 5:50 D.B.S.A. (Art A) Board Games (MA) 5:00 to 6:50 Movie Night (TR)</p>	<p>21</p> <p>10:00 to 10:50 Beading for Beginners (Art A) 10:00 to 10:50 P.E.A.C.E (MA) 11:00 to 11:50 Creative Inspiration (Art A) 11:00 to 11:50 Goal Setting (MA) 11:00 to 3:00 Social Outing - Nature Interpretive Center 34558 Scenic Dr, Dana Point CA, 92629 12:00 to 1:00 D.B.S.A. (TR) 1:00 to 1:50 BINGO (MA) 1:00 to 1:50 Vision Board (Art A) 2:00 to 2:50 Water Color (Art A) 2:00 to 2:50 Positive Thinking (TR) 3:00 to 3:50 Art & Crafts (Art A) 3:00 to 3:50 Cartooning Class (TR) 4:00 to 4:50 Relaxation Group (SR)</p>
<p>23 Community Meeting 12:00pm <i>Dung Lee SSL/SSD Benefits</i></p> <p>10:00 to 10:50 Baseball board game (TR) 10:00 to 11:00 Embroidery (Art A) 11:00 to 12:00 D.B.S.A. (Art A) 11:00 to 11:50 Employment Preparation (Co A) 1:00 to 1:50 Anger Management (GR) 1:00 to 1:50 Art Class (Art A) 2:00 to 4:30 Disc Golf (OS) 2:00 to 2:50 Our Spirituality (SR) 2:00 to 2:50 Healthy Relationships (MA) 3:00 to 3:50 Understanding Mental Illness (TR) 3:00 to 3:50 Schizophrenia Alliance (GR) 4:00 to 4:50 Emotions Anonymous (GR) 4:00 to 4:50 Recovery in Action (TR)</p>	<p>24</p> <p>10:00 to 10:50 Life in Process (GR) 10:30 to 2:00 Movie Time (Off Site) 11:00 to 11:50 Pursuit to Happiness (MA) 11:00 to 11:50 Beginning Typing (Co A) 12:00 to 12:50 Pathways to Recovery (TR) 12:00 to 12:50 Social Games (Art A) 1:00 to 1:50 Comics History (Art A) 1:00 to 1:50 Resume Development (Co A) 2:00 to 2:50 NA Meeting (MA) 2:00 to 2:50 Poetry Group (GR) 3:00 to 3:50 Coping Skills (MA) 3:00 to 3:50 Three's Company (GR) 4:00 to 4:50 Stretching Dollars (MA) 4:00 to 4:50 Stress Management (GR)</p>	<p>25</p> <p>10:00 to 11:00 D.B.S.A. (Art A) 11:00 to 11:50 Internet Support (Co A) 12:00 to 12:50 Adult Coloring (Art A) 12:15 to 2:00 Bowling Lake Forest Lanes (OS) 1:00 to 1:50 Beading for Beginners (Art A) 2:00 to 2:50 Women's Group (SR) 2:00 to 3:00 W.R.A.P. (TR) 3:00 to 3:50 Grief Support Group (MA) 3:00 to 3:50 Job Readiness (Co A) 4:00 to 4:50 Emotions Anonymous (MA) 4:00 to 4:50 Chess Club (TR)</p>	<p>26</p> <p>10:00 to 10:50 Ending Isolation (MA) 10:00 to 10:50 Yoga (SR) 11:00 to 11:50 BINGO (Art A) 12:00 to 12:50 Men's Group (MA) 12:00 to 12:50 Adult Coloring (Art A) 1:00 to 1:50 Dual Recovery Anonymous (MA) 1:00 to 1:50 Book Club (GR) 1:00 to 1:50 Stress Management (TR) 2:00 to 2:50 Anger Management (MA) 2:00 to 2:50 Exploring Feelings (Art A) 3:00 to 3:50 Family 1+1 (MA) 3:00 to 3:50 Around the World (Co A) 4:00 to 4:50 Basics of Meditation (SR) 4:00 to 4:50 Active Listening (MA)</p>	<p>27</p> <p>10:00 to 10:50 Gardening (OS) 10:00 to 10:50 Exercise Games (OS) 11:00 to 11:50 W.R.A.P. (GR) Creative Writing (TR) 12:00 to 12:50 Adult Coloring (Art A)/Co Dependency (GR) 1:00 to 1:50 Diversity (MA) 1:00 to 1:50 Recovery System (TR) 2:00 to 2:50 AA Meeting (MA) 2:00 to 2:50 Cooking on a Budget (CU A) 3:00 to 3:50 Expressive Arts (Art A) Self Esteem (TR) 4:00 to 4:50 Relapse Prevention (TR) 4:00 to 4:50 Mind Over Mood (MA) 5:00 to 5:50 D.B.S.A. (Art A) Board Games (MA) 5:00 to 6:50 Movie Night (TR)</p>	<p>28</p> <p>10:00 to 10:50 Beading for Beginners (Art A) 10:00 to 10:50 P.E.A.C.E (MA) 11:00 to 11:50 Creative Inspiration (Art A) 11:00 to 11:50 Goal Setting (MA) 11:00 to 3:00 Social Outing - Hart Park 701 South Glassell Street Orange, CA 92866 12:00 to 1:00 D.B.S.A. (TR) 1:00 to 1:50 BINGO (MA) 1:00 to 1:50 Vision Board (Art A) 2:00 to 2:50 Water Color (Art A) 2:00 to 2:50 Positive Thinking (TR) 3:00 to 3:50 Art & Crafts (Art A) 3:00 to 3:50 Cartooning Class (TR) 4:00 to 4:50 Relaxation Group (SR)</p>
<p>30 Community Meeting 12:00pm</p> <p>10:00 to 10:50 Baseball board game (TR) 10:00 to 11:00 Embroidery (Art A) 11:00 to 12:00 D.B.S.A. (Art A) 11:00 to 11:50 Employment Preparation (Co A) 1:00 to 1:50 Anger Management (GR) 1:00 to 1:50 Art Class (Art A) 2:00 to 4:30 Disc Golf (OS) 2:00 to 2:50 Our Spirituality (SR) 2:00 to 2:50 Healthy Relationships (MA) 3:00 to 3:50 Understanding Mental Illness (TR) 3:00 to 3:50 Schizophrenia Alliance (GR) 4:00 to 4:50 Emotions Anonymous (GR) 4:00 to 4:50 Recovery in Action (TR)</p>	<p>31</p> <p>10:00 to 10:50 Life in Process (GR) 10:30 to 2:00 Movie Time (Off Site) 11:00 to 11:50 Pursuit to Happiness (MA) 11:00 to 11:50 Beginning Typing (Co A) 12:00 to 12:50 Pathways to Recovery (TR) 12:00 to 12:50 Social Games (Art A) 1:00 to 1:50 Comics History (Art A) 1:00 to 1:50 Resume Development (Co A) 2:00 to 2:50 NA Meeting (MA) 2:00 to 2:50 Poetry Group (GR) 3:00 to 3:50 Coping Skills (MA) 3:00 to 3:50 Three's Company (GR) 4:00 to 4:50 Stretching Dollars (MA) 4:00 to 4:50 Stress Management (GR)</p>	<p>Daily Morning Icebreakers and Social Time @ 9:15 Weekly Community meeting Monday's @ 12:00</p>	<p>Bowling Tournament Lake Forest Lanes July 6, 2018 1:30 to 3:30pm All Wellness Centers</p> 	<p>For any Education Employment and Volunteering Support please see Michele For any questions about Housing please see Nick</p> <p>M.A.B Meeting July 13 @ 2:00pm</p>	<p>START OF EVERY DAY: 9:15 to 9:30 Morning Icebreaker 9:30 to 10:00 Social Time Room Names: (Art A) Art Academy (Co A) Computer Academy (Cu A) Culinary Academy (GR) Group Room (OS) Off Site (MA) Music Academy (SR) Serenity Room (TR) Training Room</p>

Group Description

Emotional Groups

Approximately 24 emotional groups are designed to aid our members with establishing their own ability to cope and understand themselves, while addressing the overall member goals related to Advocacy and recovery:

Adult Coloring- Members will find this therapeutic and a way to express themselves.

Anger Management- Members will use positive thinking while working around triggers; learn coping skills through making change in their behavior by positive choices.

Art Class- Members will learn how use Art as Relaxation technique.

Art & Crafts- Members will enjoy a fun variety of craft projects.

Beading for Beginners- Members will use beading to design their own unique designs, key chains, bracelets and etc.

Coping Skills – Members will learn to find healthy ways of coping for themselves.

DBSA (Depression, Bipolar Support Alliance) - DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

Dual Recovery Anonymous- This 12 Step group provides support and social networking through community involvement while recovering from mental illness and other issues such as substance abuse.

Employment Preparation Skills This class provides support and assistance to members who are seeking employment. Members can get help with locating hot job leads, resume building, interview tips, and other resources and assistance is available as needed.

Expressive Arts– A fun way to learn self-awareness through unique art expressions. No art ability necessary.

Grief Support Group- Members will learn how to process feelings of a lost and grief over a loss.

Healthy Relationships- Members will learn how to communicate and self-love first and how to be happy with our self's.

Men's Group - This group is an open forum to share ideas, concerns, and solutions specifically towards men.

Pathways to Recovery- Members will learn how to apply useful and practical recovery knowledge and skills directly from the "Pathways to Recovery" workbook.

P.E.A.C.E- Members will learn the concept of PEACE of mind: problem, emotion, analyzing, contemplation, equilibrium.

Positive Thinking- Members will learn the benefits of positive thinking and explore how to think positive by building positive mindset.

Recovery in Action-Members will learn to develop a sense of community with their peers and learn the principles of recovery through commonalities shared in group.

Relapse Prevention- Members will learn what is relapse and understanding the recovery program through the 12 steps.

Schizophrenia Alliance- Members will learn the 6-step program for Schizophrenia and related disorders, also fellowship, attitude and positive steps.

Stress Management- Learning methods of muscle relaxation and developing resilience.

Understanding Mental Illness- Teaching members and helping them to understand a variety of mental illness conditions.

Watercolor Class - This class offers the fundamentals of watercolor medium. Members receive step-by-step instructions to create various paintings using watercolor technique.

Women's Group – This group is an open forum to share ideas, concerns, and solutions specifically towards women.

WRAP (Wellness Recovery Action Plan) – Members learn that they can identify what makes them well and use their own Wellness Tools to relieve difficult feelings and maintain wellness in a higher quality of life.

Physical Groups

Approximately 8 physical groups offered are designed to promote the ability to strive for and achieve a healthy quality of life, while addressing overall member goals related to physical health, nutrition, and wellbeing.

Basketball- Members will learn the basketball skills to exercise and have fun with other members.

Bowling – Members have an opportunity to meet in the community and go bowling. Members explore techniques of bowling while competing and having fun. This is a community integrated activity.

Disc Golf- Provide an opportunity for members to socialize and do physical activity while playing disc golf.

Exercise Games- Members will learn how to have fun mean while doing excise to feel good about our self's, also member will learn social skills an d get motivation to make friends having fun.

Gardening – This class integrates the "garden" into our human culture and civilization. This class teaches members about gardening, agriculture, and how to take care of our natural resources.

Music Class- Individual instruction on guitar and elementary piano and music theory.

Relaxation Group - Members will learn to focus on many concepts of relaxation techniques, presents progressive relaxation exercise and imagery.

Yoga- Members will learn that with Yoga they can reduces stress, inflammation and calm and center the nervous system.

Spiritual Groups

Approximately 16 spiritual groups offered are designed to assist members with finding their own personal peace and tranquility while addressing overall member goals related to values and wellness:

Active Listening – Learning how to listen well and more effectively.

Alcoholics Anonymous Meeting - This 12-Step group provides support and social networking through community involvement while recovering from alcohol abuse/dependence.

Basics of Meditation-Members will learn about meditation and put that learning into practice.

Co-Dependency- Members will learn how to talk about their emotions of co-dependency and get technics in how to have a good relationship.

Creative Inspirations- Members will learn the fun of all types of the art and just being creative in off your feeling and emotions.

Creative Writing- Members will utilize their creativity to express their thoughts in writing form using prompts & imagery.

Emotions Anonymos- Members will learn to improve and focus on deviant moods and emotions.

Exploring Feelings- Members will learn that there hope with their depression guide members to explore feelings and creativity through writing.

Family 1+1 – Members will learn to talk and write about problems at home, express their feelings good or bad.

Life in Process – Studies in the process of growth. This class helps members understand that life is a journey of many goals reached.

Narcotics Anonymous - Narcotics Anonymous (NA) uses a traditional 12 steps model that has been expanded and developed for people with varied substance abuse issues. It provides support and social networking through community involvement while recovering from narcotic abuse/dependence.

Mind over Mood- Members will learn how mind over mood can help them understand your problems better.

Our Spirituality – Members will explore their own spirituality through their own beliefs.

Poetry Group – Explore why poetry is important and practice the craft of writing poetry.

Pursuit to Happiness-Members will learn how to use their tools to maintain happiness on a daily basis.

Self Esteem - Members will learn to gain confidence, self-worth, and respect through positive versus negative body image, looks, feelings and emotions.

Social Groups

Approximately 24 social groups are designed to provide our members with the opportunity to establish and maintain healthy, positive, and lasting relationships with their friends and families while addressing overall member goals related to indoor recreation and community involvement:

Around the World-Members will learn how to develop cultural competence though an exploration of the common practices and historical significance of cultures.

Baseball Board Game – Members will engage in social interaction with a friendly competition.

Beginning Typing- Members will learn how to work with the key board for school and working tools.

BINGO - Members will be involved in a thinking game and interact with each other.

Board Games - Members will engage in social interaction in a group setting with a fun time competition

Cartooning Class- Cartooning Class will allow members to learn the fundamentals of character design and basic publish skills.

Chess Club- Members will learn the fundamentals of chess step by step instruction.

Comics History – Members will learn to have fun and learn about comics and "geek out "without being judged.

Community Meeting – This important weekly meeting is for all members to learn more about the center as they get updates on the center, different activities and groups, and events that are going on in the community.

Members also get to meet the staff and interact with them.

Cooking Class - Members prepare meals on a budget mean while still being mindful about eating healthy.

Embroidery- Members will design an embroidery needlework creation that will be an arrangement of all embroidery techniques.

Ending Isolation- Ending isolation is designed to help members who have tendency to isolate from the recovery community by sharing.

Food Bank- Member will learn how to feel up boxes of food for the homeless member are giving back to the community with volunteering their time and feeling good for helping others in need.

Ice Breakers- Members will gather together to discuss their day and plans for the daily events at the center.

Internet Support - Advance computer class is to teach members to search the web, as well as learn applications such as Word and Excel.

International Delight – Members will learn to explore and learn recipes from around the world.

Job Readiness – Members will get support on seeking employment, they will also practice for interviews and how to fill out applications for employment.

Movie Time – Members enjoy watching movies both in the community and at the center. Members are encouraged to discuss their thoughts about these movies afterwards.

Resume Development – Member will learn to work on resume and look for employment.

Social Games- Members will learn socialization with peer mentors and others member board's games bring members together and have fun and learning how to get along with other people.

Social Outing – This group offers an opportunity for members to try something different, have fun, and meet new people in the community!

Stretching Dollars- Members will learn how to budget money for expenses and fun.

Three's Company- Members will learn how to live with others, including roommates, friends and family.

Vision Board- Inspiration , Dream Board or Vision Board; A tool used for positive changes ; by using pictures and clipping to create collages that transcend into beautiful and meaning art of wellness.

Volunteer Opportunity Units

Outreach Team – responsible for welcoming new members to the program, mentoring them, and providing them with information about mental health community programs.

Socialization & Support Team- providing educational and entertainment opportunities by planning and facilitating daily activities and groups including outings and mailing of monthly calendars to members. They also coordinate special events for the members.

Business Administration-providing clerical functions, including receptionist duties, data entry, and other general office skills.

Building and Maintenance- responsible for the upkeep of the building inside and out, including gardening, janitorial and kitchen duties.