Monday

Wellness Center will be Closed

Tuesday

3:00 to 3:50
Creative Writing (Art A)
4:00 to 4:50
Stress Management (Gr)

4:00 to 4:50
Bowling Tournament

6:00 to 6:50
Wellness Center South

Wednesday

10:00 to 10:50
Creative Writing (Art A)
11:00 to 11:50
Gardening (OS)

12:00 to 12:50
Men’s Group (SR)
1:00 to 1:50
Stress Management (Gr)

3:00 to 3:50
Bowling Tournament (OS)
4:00 to 4:50
Safe Solutions (Gr)

Thursday

10:00 to 10:50
Creative Writing (Art A)
11:00 to 11:50
Facilitation II (Gr)

12:00 to 12:50
Typing Course (CaA)
1:00 to 1:50
Life Skills (Tr) Watercolor (Art A)

2:00 to 2:50
Women’s Group (SR)
3:00 to 3:50
W.R.A.P. (Tr)

Friday

10:00 to 10:50
Creative Writing (Art A)
11:00 to 11:50
Anxiety Relief (Tr)

12:00 to 12:50
Typing Course (CaA)
1:00 to 1:50
Life Skills (Tr) Watercolor (Art A)

2:00 to 2:50
Women’s Group (SR)
3:00 to 3:50
W.R.A.P. (Tr)

Saturday

3:00 to 3:50
Creative Writing (Art A)
4:00 to 4:50
Safe Solutions (Gr)

3:00 to 3:50
Stress Management (Gr)
4:00 to 4:50
Our Spirituality (Sr)

3:00 to 3:50
Stress Management (Gr)
4:00 to 4:50
Our Spirituality (Sr)

3:00 to 3:50
Gardening (OS)
4:00 to 4:50
Emotional Anonymous (Ma)

1:00 to 1:50
1:00 to 1:50

4:00 to 4:50
“OK 2 B Single” (Gr)

4:00 to 4:50
Stress Management (Gr)

4:00 to 4:50
Emotional Anonymous (Ma)

4:00 to 4:50
Our Spirituality (Sr)

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Stress Management (Gr)

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Emotional Anonymous (Ma)

4:00 to 4:50
Our Spirituality (Sr)
Emotional Groups
Approximately 17 emotional groups are designed to aid our members in establishing their own emotional stability and understand themselves, while addressing the overall member goals related to advocacy and recovery.

Adult Coloring - Members will be coloring while existing amongst other groups learning coping skills through making changes in their behavior by positive thinking.

Art Class - Members will learn how to use art as a creative technique.

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

Coping Skills - Members will learn to identify 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.

Expressive Arts - A way to learn self-awareness through unique art expressions for self-identity necessary.

Family Talk - Members will learn how to communicate with family members and to not hold resentments.

Healthy Relationships - Members will learn how to communicate and live their life to be happy with themselves.

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

Relaxation Group - Members will learn how to relax and understand the recovery process through the 12 steps.

Safe Solutions - Members will learn how to avoid self-destruction and impulsive behaviors and replace them with healthy behaviors.

Schizophrenia Alliance - Members will learn the 12-step program for Schizophrenics and related disorders, also fellowship, skills and positive steps.

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

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

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

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

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

Bowling - Members have an opportunity to meet in the community and go bowling. Members are encouraged to bring a friend to the weekly gatherings. This is a community integrated activity.

Dance Class - Provide an opportunity for members to socialize and do physical activity while dancing pll class.

Game Night - Members will engage in social interaction in a group setting with family fun competition.

Gardening - Members will learn the elements of gardening and how to cultivate plants which can improve your mental health. Gardening is a common recommendation to combat depression and anxiety.

Tournament Games - Members will learn socialization skills with peer members and other members with similar games, board games, and more. This group brings members together to have fun and learning how to get along with other people.

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

Share a Smile - Members will learn and discover the benefits of laughing group, laughter for the human mental health and learn the reason why we should smile every day.

Yoga - Members will learn that by yoga you can reduce stress, inflammation and calm the center of the nervous system.

Spiritual Groups
Approximately 12 spiritual groups are offered designed to aid our members in finding their own personal peace and tempomrally while addressing overall member goals related to values and wellness.

Alcoholics Anonymous Meeting (AA Meeting) - This 12 Step group provides support and social networking through community involvement while recovering from alcohol dependency.

Anxiety Audit - Members will learn how to calm their mind and cut stress. Members will be giving self-care tips to integrate in daily routine.

Creative Writing - Members will utilize their creativity to express their thoughts in writing form (poems & images).

The Sorry Trick - Members will learn to discover how to control their emotions, release anxiety, and eliminate regretful thoughts.

Exploring Feelings - Members will learn to explore their depression groups to find feelings and creatively through writing.

Life Skills - Members will learn the model of positive behavior and learn all necessary skills for the daily life.

AA Meeting – Narcotics Anonymous - Use a traditional 12 step model that has been developed and developed for people with multiple substance abuse issues. It provides support and social networking through community involvement while recovering from narcotic dependency.

"OK 2 B Single" - Members will learn and explore why it’s okay to be single.

Mediation - Members learn about the mediation process and will be exploring many different styles of mediation, work on grounding techniques, stress, and anxiety relief.

Mindfulness - Members will learn the mental state of achieving by focusing one’s awareness on the present moment while calmly accepting feelings and thoughts.

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

Our Spirituality – Members will engage in their own spirituality through their own beliefs.

Social Groups
Approximately 25 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.

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

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

Baton Ball Game - Members will engage in social interaction with a friendly competition.

Beating for Beginners - Members will be taught to design their own unique designs, key chains, bracelets etc.

BINGO - Members will be shown how to play and will use their own abilities to create new patterns.

Birthday Celebration - WCS will be celebrating members birthdays once a month.

Building Resumes - Members will learn to work on resume and look for employment.

Off-City - Members will learn how to easily form subunits with any day and have the opportunity to share their creativity.

Community Meeting - This important weekly meeting is for all members to learn more about what we do, what members receive techniques and activities and groups, and events that are going on in the community. Members also get to meet the staff and interact with them.

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

Cut the Clutter - Members will receive the techniques of clutter-free environment for a different approach to how balancing life.

Design Groups - Members will learn to make a creation for their home. This activity will show how much fun it is to create.

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

Facilitation 165 - Members will learn to facilitate a group, with facilitation members will learn skills and help that will exist.

Goal Setting - Members will learn the process on how to accomplish goal and achieve.

Laughter - Members will gather together to discuss their day and plan for the daily event at the center.

Independent Living - Members will learn how to have the ability to overcome alternatives and make informed decisions and direct their own lives.

LGBTQ Group - Members will learn the basic rhythms of guitar, piano and singing.

Music Class - Members will learn about the importance of music and the positive effects of music.

National Group Talk - Members will be provided the opportunity to talk about any issues that concern them.

Recovery World - Members will learn how to facilitate and run a group to help others.

Social Gathering - This group offers an opportunity for members and staff to give time to one another.

Team Solutions - Members will learn about a program that offers information and tips on healthy living, nutrition, fitness, and exercise.

Typing course - Members will learn to enhance their keyboarding skills and become more prepared for work or school, at the end of the typing course members will receive a certificate of completion.

Volunteer Opportunity Units

Outreach Team
Advocates for the Wellness Center South, inviting the community and welcoming new members, mentoring, and providing inclusion and information about Mental Health.

Socialization & Support Team
Provides education and entertainment opportunities and a secure environment for members to meet new people and enjoy each other's company.

Business Administration
Provides the Wellness Center South members the opportunity to explore their vocational interest through clerical functions.

Building & Maintenance
Provides interested members with an opportunity to be responsible for the upkeep of the building, inside and out, and maintenance of the day-to-day of the Wellness Center.