

Wellness and Advocacy Center May Group Schedule (707) 565-7800

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00-9:30 Nature TV		9:00-9:30 Retro TV		Open at 12:00 on Wednesdays		9:00-9:30 Retro TV		9:00-9:30 Nature TV	
9:30-10:00 AM Support		9:30-10:00 AM Support				9:30-10:00 AM Support		9:30-10:00 AM Support	
Member Meeting		Member Meeting				Member Meeting		Member Meeting	
10:15-11:10 Coffee/Walk		10:15-11:10 Coffee/Walk				10:15-11:10 Coffee/Walk		10:15-11:10 Coffee/Walk	
11:15-12:05 Anxiety Support		11:15-12:05 Transitions		12:00-1:00 Music Jam		11:15-12:05 Successful Living		11:15-12:05 Stepping Stones	
12:15-1:05 Career Development		12:15-1:05 Mindfulness Matters	12:15-1:05 Visions & Voices			12:15-1:05 Health & Wellness Group		12:15-2:05 Open Mic	
1:15-2:05 Friendship Group		1:15-2:05 Moving Forward		1:15-2:05 Fun With Words		1:15-2:05 Walking Thru Depression			
2:15-3:05 SMART Recovery	2:15-3:30 Wellness Bingo	2:15-3:05 Peer Support	2:15-3:30 Games & More	2:15-3:05 Exploring Emotions	2:15-3:30 Games & More	2:15-3:45 Open Art Group	2:15-3:30 Games & More	2:15-3:30 Games & More	2:15-3:05 How to be a Good Employee

**The Center will be closed on Thursday, May 4th due to an event at the Glaser Center.
 The center will be closed on Monday, May 29th in observance of Memorial Day**

The Wellness and Advocacy Center is open at 100% capacity and offering a wide range of groups throughout the week.
 Face coverings are now optional while inside the center. We are also allowing food and drink consumption indoors.

Open

Closed

2245 Challenger Way Ste. 104, Santa Rosa CA 95407

In-Person

AM Support: Rotating
M/T/Th/F @ 9:30am-10:00am

Member Meeting: Rotating
M/T/Th/F 10:00am-10:15am
Wednesday 1:00pm-1:15pm

Coffee/Walk: Rotating
M/T/Th/F 10:15am-11:10am

Anxiety Support: Rotating
Monday @ 11:15am-12:05pm

Career Development: Gracie
Monday @ 12:15pm-1:05pm

Friendship Group: Rotating
Monday @ 1:15pm-2:05pm

Wellness Bingo: Lori
Monday @ 2:15pm-3:30pm

SMART Recovery: Peyton
Monday @ 2:15pm-3:05pm

Transitions: Susan
Tuesday @ 11:15am-12:05pm

Mindfulness Matters: Shari
Tuesday @ 12:15pm-1:05pm

Visions and Voices: Gracie
**For emotional safety, please speak
with the facilitator before attending.**
Tuesday @ 12:15pm-1:05pm

Moving Forward: Sam
Tuesday @ 1:15pm-2:05pm

Peer Support: Rotating
Tuesday @ 2:15pm-3:05pm

Games & More: Rotating
Tuesday-Friday @ 2:15pm-3:30pm

Music Jam: Rotating
Wednesday @ 12:00pm-1:00pm

Fun with Words: Gracie
Wednesday @ 1:15pm-2:05pm

In-Person-Continued

Exploring Emotions: Susan
Wednesday @ 2:15pm-3:05pm

Successful Living: Shari
Thursday @ 11:15am-12:05pm

Health & Wellness Group: Rotating
Thursday @ 12:15pm-1:05pm

Walking Thru Depression: Susan
Thursday @ 1:15pm-2:05pm

Open Art Group: Rotating
Thursday @ 2:15pm-3:45pm

Stepping Stones: Peyton
Friday @ 11:15am-12:05pm

Open Mic: Gracie and Brice
Fridays @ 12:15pm-2:05pm

Transitions Team Presentation
Fridays @ 2:15pm-3:05pm