

# Wellness and Advocacy Center Group Schedule

2245 Challenger Way, Ste. 104, Santa Rosa, CA (707) 565-7800

## Monday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Anxiety Support*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Health & Wellness Group*  
1:15-2:00 *Peer Support*  
2:15-3:00 *SMART Recovery*  
2:15-3:00 *Wellness Bingo*

## Thursday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Successful Living*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Career Development*  
1:15-2:00 *Walking Thru Depression*  
2:00-3:30 *Games, Art & More*

## Tuesday

9:00-9:30 *Retro TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Moving Forward*  
12:00-12:15 *Wellness Announcements*  
12:15-1:00 *Mindfulness Matters*  
12:15-1:00 *Visions & Voices*  
1:15-2:00 *Transitions*  
2:15-3:00 *Friendship Group*  
2:00-3:30 *Games, Art & More*

## Friday

9:00-9:30 *Nature TV*  
9:30-10:00 *AM Support*  
10:00-10:15 *Wellness Announcements*  
10:15-11:00 *Connection & Coffee*  
11:15-12:00 *Exploring Emotions*  
12:00-12:15 *Wellness Announcements*  
12:15-2:00 *Open Mic*  
2:00-3:30 *Games, Art & More*

## Wednesday

12:00-1:00 *Music Jam*  
~~1:00-1:15 Wellness Announcements~~  
1:15-2:00 *Fun With Words*  
2:00- 3:30 *Palette Of Possibilities*  
2:00-3:30 *Fun & More*

**The Wellness and Advocacy Center  
will be closed for the following  
Holiday's:  
Christmas Eve & Day December 24th &  
25th. New Year's Day January 1st**



WELLNESS • RECOVERY • RESILIENCE



# Group Descriptions

## AM Support/Wellness Announcements

Community announcements, and have an opportunity to check in as we gather together at the center.

## Connection & Coffee

Come join us for coffee, chat and make new connections with your peers!

## Anxiety Support

A group to process, collaborate, and support each other with an emphasis on tools used to reduce anxiety.

## Career Development

This group will help you to gain support and knowledge if you are seeking to improve your resume or get back to work.

## Friendship Group

A group that enables us all to be welcome. Bring your experiences and your ideas for relationships within our community.

## SMART Recovery

"Self Management and Recovery Training" helps those seeking recovery to choose what works best for them. It uses tools based on methods for a variety of addictions.

## Wellness Bingo

Join us for Bingo games in the main room and have a chance to win a small prize!

## Moving Forward

This group focuses on learning the tools needed to go forward without dwelling on your past. Group members share what has helped them move forward.

## Mindfulness Matters

Join us as we practice mindfulness through meditation, observation, describing, and participating in our thoughts so that we can live intentionally with awareness in the present moment.

## Visions & Voices

A peer support group for those of us who experience things others may label as "hallucinations". We can talk to each other, ask questions and find out we are not alone in a safe, supportive environment.

**\*For everyone's emotional safety, please speak with the facilitator beforehand.**

## Transitions

We all encounter many transitions throughout our lives. This group is here to help people alleviate stress and learn coping skills to assist with these transitions.

## Peer Support

This group provides a safe and supportive place for members to share their struggles and successes!

## Games, Art & More: Rotating weekly fun

**activities** Come and enjoy board games and art in our main room and share in the process of social creativity! **More:** Monthly movies & popcorn, move & groove exercise, nature walk, charades, bean bag toss, YouTube trivia and Wii games coming our way!

## Music Jam

Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

## Fun With Words

Come have a blast choosing a phrase, person, tourist attraction etc. for others to guess. Test your knowledge and challenge yourself and your peers.

## Palette Of Possibilities

Together we will explore creativity and expression using all types of materials, By bay area artist Jeff Rubin

## Successful Living

This group explores issues surrounding successful living, including physical changes, health care, nutrition, social networks, relationships, attitudes, and mental health challenges.

## Health and Wellness Group

No group description yet. Need to add

## Walking Thru Depression

A support group for peers who have struggled with depression. We are able to find acceptance and experience self-discovery alongside others who have experienced the same.

## Exploring Emotions

Let's explore emotions by taking a mindful look at them like a passing rain cloud or the shining sun. Learn how to express them in ways that will help you understand others, overcome challenges, and improve your communication skills.

## Open Mic

Share your creativity with the community. Whether you sing, play an instrument, read poetry or perform your own stand-up comedy; This is your time to have fun and shine! All are welcome—participants and listeners!