

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside County Mental Health Dept.</p> <p><b>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</b></p>		<p>1</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 2) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-2:00 My Wellness, My Doctor, and Me (wk 1) 2:00-3:00 Computer Connections</p>	<p>2</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Music 2:00-3:00 Home is Where the Heart Is (wk 1)</p>	<p>3</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</p>
<p>6</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b> 10:00-12:00 WRAP (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Self Love (wk 2) 2:00-3:00 How to Deal with Difficult Situations (wk 2)</p>	<p>7</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 4) 12:00-1:00 <b>Town Hall Meeting</b> 1:00-2:00 Disability Rights Advocate 2:00-3:00 Living Deeply (wk 6)</p>	<p>8</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 3) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-2:00 My Wellness, My Doctor, and Me (wk 2) 2:00-3:00 Computer Connections</p>	<p>9</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Music 2:00-3:00 Home is Where the Heart Is (wk 2)</p>	<p>10</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Dream Manager</p>
<p>13</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b> 10:00-12:00 WRAP (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Self Love (wk 3) 2:00-3:00 How to Deal with Difficult Situations (wk 3)</p>	<p>14</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 Living Deeply (wk 7)</p>	<p>15</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 4) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-2:00 My Wellness, My Doctor, and Me (wk 3) 2:00-3:00 Computer Connections</p>	<p>16</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Music 2:00-3:00 Home is Where the Heart Is (wk 3)</p>	<p>17</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Dream Manager</p>
<p>20</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b> 10:00-12:00 WRAP (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Building Self Love (wk 4) 2:00-3:00 How to Deal with Difficult Situations (wk 4)</p>	<p>21</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 Living Deeply (wk 8)</p>	<p>22</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Creating Healthy Habits (wk 5) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-2:00 My Wellness, My Doctor, and Me (wk 4) 2:00-3:00 Computer Connections</p>	<p>23</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Music 2:00-3:00 Home is Where the Heart Is (wk 4)</p>	<p>24</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Dream Manager</p>
<p>27 <b>Closed for Holiday</b></p> <div style="text-align: center;">  <p><b>MEMORIAL DAY</b></p> </div>	<p>28</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 Meditation for the Soul</p>	<p>29</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 Sunshine Fitness in the Park 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 1) 2:00-3:00 Computer Connections</p>	<p>30</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 Healthy Living-Loma Linda Interns (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Music 2:00-3:00 Home is Where the Heart Is (wk 5)</p>	<p>31</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Dream Manager</p>

## **DESCRIPTION OF CLASSES**

- **Building Self Love:** This group is designed to promote activities that can develop love for one's self authentically. We will be creating custom self-affirmations, identifying strengths, giving permission to one's self to create their own happiness.
- **Coffee with Friends:** This class creates the opportunity to "check-in" with each other, discuss weekly goals and achievements while enjoying a cup of coffee and build our circle of friends.
- **Computer Connections:** This group offers citizens the opportunity to learn new computer skills or practice enhancing the skills they already have. Citizens will learn how to use Microsoft programs and navigate the internet effectively to search for jobs, volunteer work, schools and etc.
- **Creating Healthy Habits:** This group is designed to encourage participants to define, discuss and explore healthy habits relating to physical health, mental health, spiritual health, and complete overall health.
- **Disability Rights Advocate:** Disability Rights advocate facilitates groups on various topics.
- **Dream Manager:** Let's dream together! The objective of this group is for citizens to identify their dreams and goals through creating their own personal Dream Book. At each session, citizens will have the opportunity to explore their goals for the future through creative collages and discuss how to achieve those goals.
- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast.
- **Healthy Living:** Loma Linda Interns facilitate groups concerning physical and emotional wellness.
- **Home is Where the Heart is:** This group focuses on how citizens can acquire and/or maintain a wellness centered home.
- **How to Deal with Difficult Situations:** how to set wise and healthy boundaries so we can respond in a positive way, create no-lose strategies to resolve differences, and stop our own destructive behavior patterns.
- **Living Deeply:** A study in applying practices from the book "The art of transforming in everyday life" by Marilyn Schlitz, Ph.D
- **Lunch and Learn:** Join us for great learning workshops at every lunch time
- **Moving Beyond Anger:** Anger can have lasting and severe consequences in our life, joy and health. This course teaches us a variety of state of the art conflict resolution skills to help us make better decisions when facing stressful situations. There are a variety of brief exercises and examples of ways to cognitively face each situation ranging from uncomfortable to aggravating
- **My Wellness, My Doctor and Me:** This group will teach each citizen how to develop their own personalized medication journal which they can share with their health care provider to assist in building stronger communication with their doctor.
- **New Citizen Orientation:** Learn all about Wellness City and all the programs RI has to offer
- **Open Resource Room:** With support from Recovery Coaches, Citizens will have access to computers equipped with Microsoft Office and internet access to be available for on-line applications, resume writing, and other research needed to obtain their personal goals.
- **Overcoming Comfort Eating:** Using what we know about food, learn how to overcome comfort eating and learn new ways to explore why we love food, identify our food memories, and learn to create meaning and purpose for the food we eat.
- **Positive Outcomes:** Citizens will learn about effectively communicating with others and asserting their own interests, desires, needs, and rights to achieve their desired goal.
- **Recovery Films:** We will view critically acclaimed films and have dynamic discussions about the recovery themes and how they relate to our personal recovery.
- **Recovery through Art:** This group offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums
- **Recovery through Music:** This group is an open group which explores different genre's of music which may be used to inspire hope and creativity in one's recovery process.
- **Sunshine Fitness:** This group is designed to connect citizens with physical wellness through light exercise and educational health videos.
- **Town Hall Meeting:** At Town Hall meetings, Citizens meet and share feedback about what's going well at Wellness City, what needs improvement, and new ideas for classes, activities and ways of being together. It's our way of receiving feedback so we can continue to develop Wellness City according to your choices.
- **Walk for Wellness:** Enhance physical wellness by using one of the best proven methods, walking. Citizens will be taking long walks around Wellness City's neighborhood
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.