



Wellness City Temecula-Adult Program

May 2019 Program Classes and Activities
40925 County Center Dr. #120 Temecula CA 92591 951 600-6410

If you are interested in our services we invite you to
New Citizen Orientations
Mondays @ 10:00

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>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</p>		<p>1</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 COLOR (wk 4) 11:00-12:00 Facing Up (wk 9) 12:00-1:00 Town Hall Meeting 1:00-2:00 Living Deeply (wk 2) 2:00-3:00 Moving Beyond Anger (wk 10)</p>	<p>2</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Positive Outcomes (wk 2) 11:00-12:00 Take Back Your Space (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Art 2:00-3:00 Social Skills Bingo</p>	<p>3</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>6</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-12:00 WRAP (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 8) 2:00-3:00 Smoking Cessation</p>	<p>7</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Coming Out of the Fog (wk 7) 11:00-12:00 Forgiveness and Letting Go (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 3) 2:00-3:00 Recovery Games</p>	<p>8</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 COLOR (wk 5) 11:00-12:00 Facing Up (wk 10) 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 3) 2:00-3:00 Computer Connections</p>	<p>9</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Positive Outcomes (wk 3) 11:00-12:00 Overcoming Eating (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Art 2:00-3:00 Social Skills Bingo</p>	<p>10</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>13</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-12:00 Sunshine Fitness in the Park 12:00-1:00 Lunch and Learn 1:00-2:00 WELL (wk 1) 2:00-3:00 Smoking Cessation (wk 1)</p>	<p>14</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Coming Out of the Fog (wk 8) 11:00-12:00 Forgiveness and Letting Go (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 4) 2:00-3:00 Recovery Games</p>	<p>15</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 COLOR (wk 6) 11:00-12:00 Dream Manager 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 4) 2:00-3:00 Computer Connections</p>	<p>16</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Positive Outcomes (wk 4) 11:00-12:00 Overcoming Eating (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Recovery thru Art 2:00-3:00 Social Skills Bingo</p>	<p>17</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>20</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Recovery thru Music 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 WELL (wk 2) 2:00-3:00 Smoking Cessation (wk 2)</p>	<p>21</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Coming Out of the Fog (wk 9) 11:00-12:00 Healing the Soul thru Poetry 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 5) 2:00-3:00 Recovery Games</p>	<p>22</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 COLOR (wk 7) 11:00-12:00 Dream Manager 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 5) 2:00-3:00 Computer Connections</p>	<p>23</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Importance of Self Care (wk 1) 11:00-12:00 Overcoming Eating (wk 3) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</p>	<p>24</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>27 Closed for Holiday</p>	<p>28</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 1) 11:00-12:00 Healing the Soul thru Poetry 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 6) 2:00-3:00 Recovery Games</p>	<p>29</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 COLOR (wk 8) 11:00-12:00 Dream Manager 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 6) 2:00-3:00 Computer Connections</p>	<p>30</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Importance of Self Care (wk 2) 11:00-12:00 Overcoming Eating (wk 4) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</p>	<p>31</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>

DESCRIPTION OF CLASSES

- **Back to Life:** This group covers emotions and the stages of grief. Topics include initial grief, telling your story, indulging your grief, forgiving others, anger, guilt, celebrating life, connecting with others, and finally the silver lining.
- **Building Friendships:** Participants will learn about skills related to building friend relationships. The group will discuss ways to meet other people, how to develop a long lasting friendship and learn how friendships can enhance their personal wellness.
- **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
- **C.O.L.O.R (Co-Occurring Life of Recovery):** In this group, citizens will identify the foundation points for how the journey of recovery begins. The group will explore five key concepts and how to implement them and enhance their wellness.
- **Coming Out of the Fog:** This group is designed to provide citizens with an opportunity to gain clarity about their feelings, find a way to enhance their happiness and find meaning and purpose in life
- **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.
- **Creative Writing:** This group is designed to promote recovery through creative expression. Each class will offer a chance for citizens to write and share their stories with each other.
- **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.
- **Facing Up:** This group helps citizens to take control and responsibility, to appraise their wellness strengths and challenges, and to move forward enhancing sense of meaning and purpose.
- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast
- **Forgiveness and Letting Go:** This group's focus is on learning how to let go of the past and embrace the future and present. Citizens will learn techniques for freeing oneself from feelings and beliefs that may be causing unhappiness.
- **Healing the Soul through Poetry:** The goal of this course is to connect one's mind and spirit through creative art expression. At each session, videos of poetry will be shared and discussed along with citizen's personal poetry.
- **Home is Where the Heart Is:** This group focuses on how citizens can acquire and/or maintain a wellness centered home.
- **Importance of Self Care:** Citizens will discuss the definition of self-care and what that may look like for them. They will discover different forms of self-care and the values of self-care can have to an individual's personal recovery.
- **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
- **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.
- **Peer Chat:** During this group citizens will choose recovery topics to discuss within the group.
- **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 recover.
- **Recovery Games:** Come join us for a fun game and some time to develop your circle of friends!
- **Recovery through Art:** This group offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums
- **Smoking Cessation:** support group for those who wish to quit smoking
- **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.