



Wellness City Temecula-Adult Program

August 2017 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 @ 10:00am

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Come create, have fun and build your <u>Circle of Friends!</u></p> <ul style="list-style-type: none"> Art Works Riverside 8/16/17 10:00am-3:00pm <p>Call for details</p>	<p>1 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 1) 2:00-3:00 Moving Beyond Anger (wk 8) 3:00-4:30 Open Resource Room</p>	<p>2 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Artist's Way (wk 2) 11:00-12:00 Overcoming Loneliness (wk 1) 12:00-1:00 Town Hall Meeting 1:00-2:00 Nine Dimensions of Wellness (wk 8) 2:00-3:00 Peer Chat 3:00-4:30 Open Resource Room</p>	<p>3 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 WELL (wk 11) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 Facing Up (wk 9) 2:00-3:00 Awakening the Spirit Within (wk 6) 3:00-4:30 Open Resource Room</p>	<p>4 8:00-9:00 Open Resource Room 9:00-10:00 Dream Manager 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>7 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 <u>Orientation</u> 10:00-11:00 My Wellness, My Doctor, And Me (wk 2) 11:00-12:00 Home is Where the Heart Is (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Book Club 2:00-3:00 Computer Connections</p>	<p>8 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 2) 2:00-3:00 Moving Beyond Anger (wk 9) 3:00-4:30 Open Resource Room</p>	<p>9 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Artist's Way (wk 3) 11:00-12:00 Overcoming Loneliness (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Nine Dimensions of Wellness (wk 9) 2:00-3:00 Peer Chat 3:00-4:30 Open Resource Room</p>	<p>10 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 WELL (wk 12) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 How to deal with Difficult Situations (wk 1) 2:00-3:00 Awakening the Spirit Within (wk 7) 3:00-4:30 Open Resource Room</p>	<p>11 8:00-9:00 Open Resource Room 9:00-10:00 Dream Manager 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
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<p>21 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 <u>Orientation</u> 10:00-11:00 My Wellness, My Doctor, And Me (wk 4) 11:00-12:00 Home is Where the Heart Is (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Book Club 2:00-3:00 Computer Connections</p>	<p>22 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 4) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>23 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Artist's Way (wk 5) 11:00-12:00 Overcoming Loneliness (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 1) 2:00-3:00 Peer Chat 3:00-4:30 Open Resource Room</p>	<p>24 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 2) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 3) 2:00-3:00 Building Friendships (wk 1) 3:00-4:30 Open Resource Room</p>	<p>25 8:00-9:00 Open Resource Room 9:00-10:00 Dream Manager 10:00-12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Lunch and Learn 1:00-3:00 Recovery Film 3:00-4:30 Open Resource Room</p>
<p>28 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 <u>Orientation</u> 10:00-11:00 Who Moved My Cheese (wk 1) 11:00-12:00 Home is Where the Heart Is (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Book Club 2:00-3:00 Computer Connections</p>	<p>29 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 WRAP (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 1) 2:00-3:00 Recovery Games 3:00-4:30 Open Resource Room</p>	<p>30 8:00-9:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Artist's Way (wk 6) 11:00-12:00 Overcoming Loneliness (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Back to Life (wk 2) 2:00-3:00 Peer Chat 3:00-4:30 Open Resource Room</p>	<p>31 8:00-9:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Moving Beyond Anger (wk 3) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 4) 2:00-3:00 Building Friendships (wk 2) 3:00-4:30 Open Resource Room</p>	<p>Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside University Health Systems Behavioral Health</p> <p style="text-align: center;">FUNDED IN WHOLE OR PART BY RUHSBH, MHSA AND PEI</p>

DESCRIPTION OF CLASSES

- **Artist's Way:** Using our artistic creativity, this class focuses on journaling and various other activities to increase our wellness.
- **Awakening the Spirit Within:** Students will learn more about how to "awaken" their own spirit from within. The concept of spirituality will be discussed in a variety of ways which will enable participants to gain access to tools used to embrace spirituality in their own life.
- **Back to Life:** This class 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.
- **Book Club:** During this group, citizens will gather to read a novel that is inspirational and uplifting. They will discuss the chapters read and how the story relates to their personal wellness.
- **Building Friendships:** Participants will learn about skills related to building friend relationships. The class 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 for citizens to "check-in" with each other, discuss weekly goals and achievements while enjoying a cup of coffee and building their circle of friends.
- **Computer Connections:** This class 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.
- **Creative Writing:** This class 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 class is for citizens to identify their dreams and goals through creating their own personal Dream Book. At each class 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!
- **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.
- **Lunch and Learn:** Join us for great learning workshops at every lunch time!
- **Morning Meditation:** Learn how to focus one's mind on a feeling of relaxation that uses breathing and visualizations.
- **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.
- **Nine Dimensions of Wellness:** To create opportunities for individuals to work on personal wellness plans together in a collaborative learning process, sharing mutual peer support and fun along the way!
- **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.
- **Overcoming Loneliness:** This group explores ways to develop and maintain lasting connections.
- **Peer Chat:** During this class citizens will choose recovery topics to discuss within the group.
- **Recovery Films:** We will view critically acclaimed films and have dynamic discussions about the recovery themes and how they relate to our personal recovery.
- **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. At each Speaker Meeting, a citizen shares their story of healing and hope and their "evidence" that Recovery is a FACT!
- **WELL:** The "WELL" class addresses finding and maintaining wellness in all aspects of life. The curriculum consists of 12 sessions that promote mental, physical, financial, spiritual, and general wellness. The purpose of the class material is to encourage discussions of options and opportunities.