

Wellness City Temecula-Adult Program

December 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 @ 10:00

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>Come create, have fun and build your <u>Circle of Friends!</u></p> <ul style="list-style-type: none"> Temeku Theatres 12/5/17 10:30am-1:00pm RI Holiday Party To Be Announced <p>Call for details</p>	<p>1 8:00-4:30 Open Resource Room 9:00-10:00 Dream Manager <u>10:00—12:00 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</p>
<p>4 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Employment as a Pathway (wk 5) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 2) 2:00-3:00 Healing the Soul thru Poetry (wk 2)</p>	<p>5 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 How to Deal with Difficult Situations (wk 5) 11:00-12:00 Take Back Your Space (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Facing Up (wk 10) 2:00-3:00 Social Skills Bingo</p>	<p>6 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Recovery Games 11:00-12:00 Importance of Self Care (wk 6) 12:00-1:00 Town Hall Meeting 1:00-2:00 Awakening the Spirit Within (wk 8) 2:00-3:00 Moving Beyond Anger (wk 2) 3:00-4:30 Open Resource Room</p>	<p>7 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Coming Out of the Fog (wk 5) 11:00-12:00 WELL (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 1) 2:00-3:00 Recovery thru Art</p>	<p>8 8:00-4:30 Open Resource Room 9:00-10:00 Dream Manager <u>10:00—12:00 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</p>
<p>11 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Employment as a Pathway (wk 6) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 3) 2:00-3:00 Healing the Soul thru Poetry (wk 3)</p>	<p>12 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 How to Deal with Difficult Situations (wk 6) 11:00-12:00 Take Back Your Space (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 1) 2:00-3:00 Social Skills Bingo</p>	<p>13 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 WRAP (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 1) 2:00-3:00 Moving Beyond Anger (wk 3)</p>	<p>14 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Coming Out of the Fog (wk 6) 11:00-12:00 WELL (wk 10) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 2) 2:00-3:00 Recovery thru Art</p>	<p>15 8:00-4:30 Open Resource Room 9:00-10:00 Dream Manager <u>10:00—12:00 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</p>
<p>18 8:00-4:30 Open Resource Room 9:00-10:00 Morning Meditation 10:00 Orientation 10:00-11:00 Employment as a Pathway (wk 7) 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Comfort Eating (wk 4) 2:00-3:00 Healing the Soul thru Poetry (wk 4)</p>	<p>19 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 How to Deal with Difficult Situations (wk 7) 11:00-12:00 Take Back Your Space (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 2) 2:00-3:00 Social Skills Bingo</p>	<p>20 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 WRAP (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 2) 2:00-3:00 Moving Beyond Anger (wk 4)</p>	<p>21 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 WELL (wk 11) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 3) 2:00-3:00 Recovery thru Art</p>	<p>22 8:00-4:30 Open Resource Room 9:00-10:00 Dream Manager <u>10:00—12:00 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</p>
<p>25 Closed for Holiday</p> 	<p>26 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 How to Deal with Difficult Situations (wk 8) 11:00-12:00 Take Back Your Space (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Overcoming Loneliness (wk 3) 2:00-3:00 Social Skills Bingo</p>	<p>27 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-12:00 WRAP (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 3) 2:00-3:00 Moving Beyond Anger (wk 5)</p>	<p>28 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 WELL (wk 12) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 4) 2:00-3:00 Recovery thru Art</p>	<p>29 8:00-4:30 Open Resource Room 9:00-10:00 Dream Manager <u>10:00—12:00 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</p>

DESCRIPTION OF CLASSES

- **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.
- **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
- **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.
- **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.
- **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.
- **Employment as a Pathway to Recovery:** This class is designed as a tool for exploration of work and the ways in which it can improve a citizens' occupational wellness. Citizens will explore different definitions of work and build knowledge of the benefits of work.
- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast!
- **Having a Positive Life:** This group supports citizens in developing ways to increase a positive lifestyle.
- **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.
- **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.
- **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.
- **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.
- **Recovery through Art:** This group offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums.
- **Social Skills Bingo:** Social Skills Bingo is a great way to connect with friends, develop community and learn about recovery!
- **Take Back Your Space:** This group is about learning to explore the benefits of a happy living space and how it relates to our physical, emotional, and spiritual well being.
- **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!
- **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
- **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.
- **WRAP:** (Wellness Recovery Action Plan) Citizens design their own recovery plan to help manage symptoms.