



Wellness City Temecula-Adult Program

April 2018 Program Classes and Activities

40925 County Center Dr. #120 Temecula CA 92591

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Artist's Way (wk 9)</p> <p>11:00-12:00 Coming Out of the Fog (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 6)</p>	<p>3</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Morning Meditation</p> <p>10:00-11:00 Building Friendships (wk 2)</p> <p>11:00-12:00 Moving Beyond Anger (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Creative Writing</p> <p>2:00-3:00 Book Club</p>	<p>4</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 How to Handle Difficult Situations (wk 2)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 4)</p> <p>2:00-3:00 Recovery Games</p>	<p>5</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Overcoming Comfort Eating (wk 2)</p> <p>11:00-12:00 Facing Up (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Awakening the Spirit Within (wk 5)</p> <p>2:00-3:00 Computer Connections</p>	<p>6</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 Fantastic Fridays</p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
<p>9</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Artist's Way (wk 10)</p> <p>11:00-12:00 Coming Out of the Fog (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 7)</p>	<p>10</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Morning Meditation</p> <p>10:00-11:00 Building Friendships (wk 3)</p> <p>11:00-12:00 Moving Beyond Anger (wk 10)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Creative Writing</p> <p>2:00-3:00 Book Club</p>	<p>11</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 How to Handle Difficult Situations (wk 3)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 5)</p> <p>2:00-3:00 Recovery Games</p>	<p>12</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Overcoming Comfort Eating (wk 3)</p> <p>11:00-12:00 Facing Up (wk 10)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Awakening the Spirit Within (wk 6)</p> <p>2:00-3:00 Computer Connections</p>	<p>13</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 Fantastic Fridays</p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
<p>16</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Artist's Way (wk 11)</p> <p>11:00-12:00 Coming Out of the Fog (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 8)</p>	<p>17</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Morning Meditation</p> <p>10:00-11:00 Building Friendships (wk 4)</p> <p>11:00-12:00 Positive Outcomes (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Creative Writing</p> <p>2:00-3:00 Book Club</p>	<p>18</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 How to Handle Difficult Situations (wk 4)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 6)</p> <p>2:00-3:00 Recovery Games</p>	<p>19</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Overcoming Comfort Eating (wk 4)</p> <p>11:00-12:00 Peer Chat</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Awakening the Spirit Within (wk 7)</p> <p>2:00-3:00 Computer Connections</p>	<p>20</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 Fantastic Fridays</p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
<p>23</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 Artist's Way (wk 12)</p> <p>11:00-12:00 Home is Where the Heart Is (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 9)</p>	<p>24</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Morning Meditation</p> <p>10:00-11:00 Building Friendships (wk 5)</p> <p>11:00-12:00 Positive Outcomes (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Creative Writing</p> <p>2:00-3:00 Book Club</p>	<p>25</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 How to Handle Difficult Situations (wk 5)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 7)</p> <p>2:00-3:00 Recovery Games</p>	<p>26</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Forgiveness and Letting Go (wk 1)</p> <p>11:00-12:00 Peer Chat</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Awakening the Spirit Within (wk 8)</p> <p>2:00-3:00 Computer Connections</p>	<p>27</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-12:00 Fantastic Fridays</p> <p>Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Recovery Film</p>
<p>30</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-11:00 My Wellness, My Doctor, and Me (wk 1)</p> <p>11:00-12:00 Home is Where the Heart Is (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Dream Manager</p> <p>2:00-3:00 Social Skills Bingo</p>	<p>Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside University Health System Behavioral Health</p> <p>*FUNDED IN WHOLE OR PART BY RUHSBH, MHSA AND PEI</p>		<p>Come create, have fun and build your Circle of Friends!</p> <p>We have off site enrichment activities set for each month</p> <p>Call for details</p>	

DESCRIPTION OF CLASSES

- **Artist's Way:** Using our artistic creativity, this group 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.
- **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 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.
- **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.
- **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:** This group creates opportunities for individuals to work on personal wellness plans together in a collaborative learning process, sharing mutual peer support and fun along the way!
- **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.
- **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.
- **Positive Outcomes:** Citizens will learn about effectively communicating with others and asserting their own interests, desires, needs, and rights to achieve their desired goal.
- **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
- **WELL:** The "WELL" group explores ways of finding and maintaining wellness in all aspects of life. The curriculum consists of 15 sessions that promote and teach citizens how to build their mental, physical, financial, spiritual, and overall wellness.
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.