



Wellness City Temecula-Adult Program
June 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>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>*FUNDED IN WHOLE OR PART BY RUHSBH, MHSA AND PEI</p>	<p>Come create, have fun and build your <u>Circle of Friends!</u></p> <p>We have off site enrichment activities set for each month</p> <p>Call for details</p>		<p>1</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p><u>10:00—12:00 Fantastic Fridays</u></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>4</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 Creating Healthy Habits (wk 1)</p> <p>11:00-12:00 Home is Where the Heart Is (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 1)</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 Building Self Love (wk 3)</p> <p>11:00-12:00 Overcoming Loneliness (wk 4)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 6)</p> <p>2:00-3:00 Overcoming Comfort Eating (wk 1)</p>	<p>6</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 Facing Up (wk 1)</p> <p>11:00-12:00 Employment as a Pathway (wk 5)</p> <p>12:00-1:00 Town Hall Meeting</p> <p>1:00-2:00 WELL (wk 13)</p> <p>2:00-3:00 Social Skills Bingo</p>	<p>7</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 3)</p> <p>11:00-12:00 Dream Manager</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 1)</p> <p>2:00-3:00 Healing the Soul thru Poetry</p>	<p>8</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p><u>10:00—12:00 Fantastic Fridays</u></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>11</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 Creating Healthy Habits (wk 2)</p> <p>11:00-12:00 Home is Where the Heart Is (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 2)</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 Building Self Love (wk 4)</p> <p>11:00-12:00 Overcoming Loneliness (wk 5)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 7)</p> <p>2:00-3:00 Overcoming Comfort Eating (wk 2)</p>	<p>13</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 Facing Up (wk 2)</p> <p>11:00-12:00 Employment as a Pathway (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 14)</p> <p>2:00-3:00 Social Skills Bingo</p>	<p>14</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 4)</p> <p>11:00-12:00 Dream Manager</p> <p>12:00-1:00 Lunch and Learn (wk 2)</p> <p>1:00-2:00 Building Self Love (wk 2)</p> <p>2:00-3:00 Healing the Soul thru Poetry</p>	<p>15</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p><u>10:00—12:00 Fantastic Fridays</u></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>18</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 Creating Healthy Habits (wk 3)</p> <p>11:00-12:00 Home is Where the Heart Is (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 3)</p>	<p>19</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-11:00 Sunshine Fitness</p> <p>11:00-12:00 Overcoming Loneliness (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 8)</p> <p>2:00-3:00 Overcoming Comfort Eating (wk 3)</p>	<p>20</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 Facing Up (wk 3)</p> <p>11:00-12:00 Employment as a Pathway (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 15)</p> <p>2:00-3:00 Social Skills bingo</p>	<p>21</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 5)</p> <p>11:00-12:00 Dream Manager</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 3)</p> <p>2:00-3:00 Healing the Soul thru Poetry</p>	<p>22</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p><u>10:00—12:00 Fantastic Fridays</u></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>25</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 Creating Healthy Habits (wk 4)</p> <p>11:00-12:00 Importance of Self Care (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 WRAP (wk 4)</p>	<p>26</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-11:00 Sunshine Fitness</p> <p>11:00-12:00 Overcoming Loneliness (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Back to Life (wk 9)</p> <p>2:00-3:00 Overcoming Comfort Eating (wk 4)</p>	<p>27</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p>10:00-11:00 Facing Up (wk 4)</p> <p>11:00-12:00 Employment as a Pathway (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 WELL (wk 16)</p> <p>2:00-3:00 Social Skills Bingo</p>	<p>28</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Moving Beyond Anger (wk 6)</p> <p>11:00-12:00 Dream Manager</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 4)</p> <p>2:00-3:00 Healing the Soul thru Poetry</p>	<p>29</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee With Friends</p> <p><u>10:00—12:00 Fantastic Fridays</u></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>

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 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.
- **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.
- **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 group 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.
- **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!
- **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.
- **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
- **New Citizen Orientation:** Learn all about Wellness City and all the programs RI has to offer
- **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.
- **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.
- **Recovery Films:** We will view critically acclaimed films and have dynamic discussions about the recovery themes and how they relate to our personal recovery.
- **Social Skills Bingo:** Social Skills Bingo is a great way to connect with friends, develop community and learn about recovery!
- **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
- **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.