



Wellness City PERRIS-TAY Program
October 2018 Classes and Activities
 170 Wilkerson Ave Suite A/B Perris, Ca 92570 (951) 345-1193

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Creating Healthy Habits (wk 3) 11:00-12:00 Facing Up (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Peer Chat TAY 2:00-3:00 Recovery Games TAY</p>	<p>2</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 3) 12:00-1:00 Town Hall Meeting 1:00-2:00 Disability Right's Advocate 2:00-3:00 Social Skills Bingo TAY</p>	<p>3</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 1) 11:00-12:00 Recovery Through Art TAY 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing TAY 2:00-3:00 Peer Chat TAY</p>	<p>4</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Moving Beyond and Through Anger (wk 6) 11:00-12:00 How to Deal with Difficult Situations (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 3) 2:00-3:00 Emp as a Pathway TAY</p>	<p>5</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 Fantastic Fridays Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Healing the Soul Through Poetry</p>
<p>8</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Creating Healthy Habits (wk 4) 11:00-12:00 Facing Up (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Peer Chat TAY 2:00-3:00 Recovery Games TAY</p>	<p>9</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right's Advocate 2:00-3:00 Social Skills Bingo TAY</p>	<p>10</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 2) 11:00-12:00 Recovery Through Art TAY 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing TAY 2:00-3:00 Peer Chat TAY</p>	<p>11</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Moving Beyond and Through Anger (wk 7) 11:00-12:00 Take Back Your Space (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 4) 2:00-3:00 Emp as a Pathway TAY</p>	<p>12</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 Fantastic Fridays Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Healing the Soul Through Poetry</p>
<p>15</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Creating Healthy Habits (wk 5) 11:00-12:00 Facing Up (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Peer Chat TAY 2:00-3:00 Recovery Games TAY</p>	<p>16</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right's Advocate 2:00-3:00 Social Skills Bingo TAY</p>	<p>17</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 3) 11:00-12:00 Recovery Through Art TAY 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing TAY 2:00-3:00 Peer Chat TAY</p>	<p>18</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Moving Beyond and Through Anger (wk 8) 11:00-12:00 Take Back Your Space (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 5) 2:00-3:00 Emp as a Pathway TAY</p>	<p>19</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 Fantastic Fridays Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Healing the Soul Through Poetry</p>
<p>22</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 My Wellness, my Dr. and me (wk 1) 11:00-12:00 Facing Up (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Peer Chat TAY 2:00-3:00 Recovery Games TAY</p>	<p>23</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right's Advocate 2:00-3:00 Social Skills Bingo TAY</p>	<p>24</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 4) 11:00-12:00 Recovery Through Art TAY 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing TAY 2:00-3:00 Peer Chat TAY</p>	<p>25</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Moving Beyond and Through Anger (wk 9) 11:00-12:00 Take Back Your Space (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 6) 2:00-3:00 Emp as a Pathway TAY</p>	<p>26</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-12:00 Fantastic Fridays Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Healing the Soul Through Poetry</p>
<p>29</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 My Wellness, My Dr. And Me (wk 2) 11:00-12:00 Facing Up (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Peer Chat TAY 2:00-3:00 Recovery Games TAY</p>	<p>30</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-12:00 WRAP (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right's Advocate 2:00-3:00 Social Skills Bingo TAY</p>	<p>31</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 5) 11:00-12:00 Recovery Through Art TAY 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing TAY 2:00-3:00 Peer Chat TAY</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 align="center">*FUNDED IN WHOLE OR PART BY RCDMH, 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 align="center">Call for details (951) 345-1193</p>

DESCRIPTION OF CLASSES

- **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 building 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.
- **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.
- **Disability Rights Advocate:** A disability rights advocate facilitates groups on various topics
- **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 and 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.
- **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 pattern
- **Lunch and Learn:** Join us for great learning workshops at every lunch time.
- **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.
- **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.
- **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.
- **Orientation:** Learn all about Wellness City and all the programs RI has to offer.
- **Peer Chat:** During this group 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 in them.
- **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.
- **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.
- **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.
- **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.