



## Wellness City Temecula-Adult Program

December 2018 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
3 8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 <u>Orientation</u> 10:00-11:00 Creating Healthy Habits (wk 3) 11:00-12:00 Moving Beyond Anger (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 7) 2:00-3:00 Creative Writing	4 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 6) 11:00-12:00 Coming Out of the Fog (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 1) 2:00-3:00 Dream Manager	5 8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 4) 11:00-12:00 Recovery thru Art 12:00-1:00 <b>Town Hall Meeting</b> 1:00-3:00 WRAP (wk 4)	6 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 5) 11:00-12:00 Facing Up (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 5) 2:00-3:00 Social Skills Bingo	7 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films
10 8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 <u>Orientation</u> 10:00-11:00 Creating Healthy Habits (wk 4) 11:00-12:00 Moving Beyond Anger (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Living Deeply (wk 8) 2:00-3:00 Creative Writing	11 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 7) 11:00-12:00 Coming Out of the Fog (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 2) 2:00-3:00 Computer Connections	12 8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 5) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 5)	13 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 6) 11:00-12:00 Facing Up (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 6) 2:00-3:00 Social Skills Bingo	14 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films
17 8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 <u>Orientation</u> 10:00-11:00 Creating Healthy Habits (wk 5) 11:00-12:00 Moving Beyond Anger (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wjk 1) 2:00-3:00 Creative Writing	18 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 8) 11:00-12:00 Coming Out of the Fog (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 3) 2:00-3:00 Computer Connections	19 8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 6) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 6)	20 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 7) 11:00-12:00 Facing Up (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 7) 2:00-3:00 Dream Manager	21 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films
24 	25 	26 8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 7) 11:00-12:00 Recovery thru Art 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 7)	27 8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 8) 11:00-12:00 Facing Up (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Having a Positive Life (wk 8) 2:00-3:00 Dream Manager	28 8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films
Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside County Mental Health Dept.  <b>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</b>	Come create, have fun and build your <u>Circle of Friends!</u>  We have off site enrichment activities set for each month Call for details			

## **DESCRIPTION OF CLASSES**

- **Artist's Way:** Using our artistic creativity, this group focuses on journaling and various other activities to increase our wellness.
- **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.
- **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.
- **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.
- **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
- **Having a Positive Life:** This group supports citizens in developing ways to increase a positive lifestyle.
- **Living Deeply:** A study in applying practices from the book "The art of transforming in everyday life" by Marilyn Schlitz, Ph.D
- **Lunch and Learn:** Join us for great learning workshops at every lunch time
- **Meditation for the Soul:** 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
- **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!
- **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.
- **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 and how they relate to our personal recover.
- **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!
- **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.