



## Wellness City PERRIS-TAY Program

### December 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 @ 10:00**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b></p> <p>10:00-11:00 Positive Outcomes (wk 3) 11:00-12:00 Facing Up (wk 10) 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Peer Chat TAY</b> 2:00-3:00 <b>Recovery Games</b></p>	<p>4</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 WELL (wk 2) 11:00-12:00 Moving Beyond Anger (wk 3) 12:00-1:00 <b>Town Hall Meeting TAY</b> 1:00-2:00 Disability Right Advocate 2:00-3:00 <b>Social Skills Bingo TAY</b></p>	<p>5</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00-11:00 Coming Out of the Fog (wk 2) 11:00-12:00 <b>Recovery thru Art TAY</b> 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Creative Writing TAY</b> 2:00-3:00 <b>Peer Chat TAY</b></p>	<p>6</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Importance of Self Care (wk 3) 11:00-12:00 Building Self Love (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 2) 2:00-3:00 <b>Employment as a Pathway TAY (wk 8)</b></p>	<p>7</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00—12:00 <u><b>Fantastic Fridays</b></u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat</p>
<p>10</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b></p> <p>10:00-11:00 Positive Outcomes (wk 4) 11:00-12:00 How to Deal with Difficult Situations (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Peer Chat TAY</b> 2:00-3:00 <b>Recovery Games</b></p>	<p>11</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 WELL (wk 3) 11:00-12:00 Moving Beyond Anger (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right Advocate 2:00-3:00 <b>Social Skills Bingo TAY</b></p>	<p>12</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00-11:00 Coming Out of the Fog (wk 3) 11:00-12:00 <b>Recovery thru Art TAY</b> 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Creative Writing TAY</b> 2:00-3:00 <b>Peer Chat TAY</b></p>	<p>13</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 Importance of Self Care (wk 4) 11:00-12:00 Building Self Love (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Forgiveness and Letting Go (wk 3) 2:00-3:00 <b>Employment as a Pathway TAY (wk 1)</b></p>	<p>14</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00—12:00 <u><b>Fantastic Fridays</b></u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat</p>
<p>17</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b></p> <p>10:00-11:00 Overcoming Comfort Eating (wk 1) 11:00-12:00 How to Deal with Difficult Situations (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Peer Chat TAY</b> 2:00-3:00 <b>Recovery Games</b></p>	<p>18</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Sunshine Fitness 10:00-11:00 WELL (wk 4) 11:00-12:00 Moving Beyond Anger (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Right Advocate 2:00-3:00 <b>Social Skills Bingo TAY</b></p>	<p>19</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00-11:00 Coming Out of the Fog (wk 4) 11:00-12:00 <b>Recovery thru Art TAY</b> 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Creative Writing TAY</b> 2:00-3:00 <b>Peer Chat TAY</b></p>	<p>20</p> <p>8:00-5:00 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 Forgiveness and Letting Go (wk 4) 2:00-3:00 <b>Employment as a Pathway TAY (wk 2)</b></p>	<p>21</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00—12:00 <u><b>Fantastic Fridays</b></u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat</p>
<p>24</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 <b>Orientation</b></p> <p>10:00-11:00 Overcoming Comfort Eating (wk 1) 11:00-12:00 How to Deal with Difficult Situations (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Peer Chat TAY</b> 2:00-3:00 <b>Recovery Games</b></p>	<p><b>Closed for Holiday</b></p> 	<p>26</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00-11:00 Coming Out of the Fog (wk 5) 11:00-12:00 <b>Recovery thru Art TAY</b> 12:00-1:00 Lunch and Learn 1:00-2:00 <b>Creative Writing TAY</b> 2:00-3:00 <b>Peer Chat TAY</b></p>	<p>27</p> <p>8:00-5:00 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 Nine Dimensions of Wellness (wk 1) 2:00-3:00 <b>Employment as a Pathway TAY (wk 2)</b></p>	<p>28</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00—12:00 <u><b>Fantastic Fridays</b></u> Healthy Breakfast Snacks, Karaoke &amp; Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat</p>
<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><b>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</b></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>

## *DESCRIPTION OF CLASSES*

- **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.
- **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:** 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 & 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.
- **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.
- **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.
- **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.
- **Peer Chat:** During this group citizens will choose recovery topics to discuss within the group.
- **Positive Outcomes:** Citizens will learn about effectively communicating with others and asserting their own interests, desires, needs, and rights to achieve their desired goal.
- **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!
- **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
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.