



Wellness City Temecula-Adult Program

January 2019 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
<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>*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</p>	<p>1 Closed for New Years</p> 	<p>2</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 8) 11:00-12:00 Importance of Self Care (wk 1) 12:00-1:00 Town Hall Meeting 1:00-3:00 WRAP (wk 8)</p>	<p>3</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 9) 11:00-12:00 Facing Up (wk 10) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 1) 2:00-3:00 Building Self Love (wk 1)</p>	<p>4</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>7</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 Orientation 10:00-11:00 Building Friendships (wk 1) 11:00-12:00 Moving Beyond Anger (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 2) 2:00-3:00 Social Skills Bingo</p>	<p>8</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 9) 11:00-12:00 Coming Out of the Fog (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 4) 2:00-3:00 My Wellness, My Doctor, And Me (wk 1)</p>	<p>9</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 9) 11:00-12:00 Importance of Self Care (wk 2) 12:00-1:00 Lunch and Learn 1:00-3:00 WRAP (wk 9)</p>	<p>10</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 10) 11:00-12:00 Forgiveness and Letting Go (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 2) 2:00-3:00 Building Self Love (wk 2)</p>	<p>11</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>14</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 Orientation 10:00-11:00 Building Friendships (wk 2) 11:00-12:00 Moving Beyond Anger (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 3) 2:00-3:00 Social Skills Bingo</p>	<p>15</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 10) 11:00-12:00 Positive Outcomes (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 5) 2:00-3:00 My Wellness, My Doctor, And Me (wk 2)</p>	<p>16</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 10) 11:00-12:00 Importance of Self Care (wk 3) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</p>	<p>17</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Nine Dimensions of Wellness (wk 10) 11:00-12:00 Forgiveness and Letting Go (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 3) 2:00-3:00 Building Self Love (wk 3)</p>	<p>18</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>21 Closed for Martin Luther King Day</p> 	<p>22</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 11) 11:00-12:00 Positive Outcomes (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 6) 2:00-3:00 My Wellness, My Doctor, And Me (wk 3)</p>	<p>23</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 11) 11:00-12:00 Importance of Self Care (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 1) 2:00-3:00 Who Moved My Cheese (wk 1)</p>	<p>24</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 1) 11:00-12:00 Forgiveness and Letting Go (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Home is Where the Heart Is (wk 4) 2:00-3:00 Building Self Love (wk 4)</p>	<p>25</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Walk for Wellness 10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Social Skills Bingo, & Fun Light Exercise 12:00-1:00 Peer Chat 1:00-3:00 Recovery Films</p>
<p>28</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Meditation for the Soul 10:00 Orientation 10:00-11:00 Building Friendships (wk 3) 11:00-12:00 Moving Beyond Anger (wk 8) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 4) 2:00-3:00 Social Skills Bingo</p>	<p>29</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Back to Life (wk 12) 11:00-12:00 Positive Outcomes (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Artist's Way (wk 7) 2:00-3:00 My Wellness, My Doctor, And Me (wk 4)</p>	<p>30</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 12) 11:00-12:00 Importance of Self Care (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 2) 2:00-3:00 Who Moved My Cheese (wk 2)</p>	<p>31</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 2) 11:00-12:00 Forgiveness and Letting Go (wk 3) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</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 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.
- **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 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.
- **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
- **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.
- **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
- **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!
- **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 Loneliness:** This group explores ways to develop and maintain lasting connections.
- **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.
- **Social Skills Bingo:** Social Skills Bingo is a great way to connect with friends, develop community and learn about recovery!
- **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.
- **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.
- **Who Moved My Cheese?:** Using fictional characters, peers learn how to positively adapt to change in their environment.
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.