


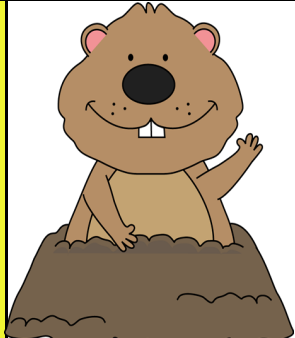




Wellness City Temecula-Adult Program

February 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>	 <h2>FEBRUARY</h2>		<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 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</p>
<p>4</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 4) 11:00-12:00 Moving Beyond Anger (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 5) 2:00-3:00 Computer Connections</p>	<p>5</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Awakening the Spirit Within (wk 1) 11:00-12:00 Nine Dimensions of Wellness (wk 1) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</p>	<p>6</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 13) 11:00-12:00 Importance of Self Care (wk 6) 12:00-1:00 Town Hall Meeting 1:00-2:00 Take Back Your Space (wk 3) 2:00-3:00 Who Moved My Cheese (wk 3)</p>	<p>7</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 3) 11:00-12:00 Forgiveness and Letting Go (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing 2:00-3:00 Social Skills Bingo</p>	<p>8</p> <p>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</p>
<p>11</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 5) 11:00-12:00 Moving Beyond Anger (wk 10) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 6) 2:00-3:00 Computer Connections</p>	<p>12 Closed for Holiday</p> 	<p>13</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 14) 11:00-12:00 Importance of Self Care (wk 7) 12:00-1:00 Lunch and Learn 1:00-2:00 Take Back Your Space (wk 4) 2:00-3:00 Who Moved My Cheese (wk 4)</p>	<p>14</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 4) 11:00-12:00 Having a Positive Life (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing 2:00-3:00 Social Skills Bingo</p>	<p>15</p> <p>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</p>
<p>18 Closed for Holiday</p> 	<p>19</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Awakening the Spirit Within (wk 2) 11:00-12:00 Nine Dimensions of Wellness (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 1) 2:00-3:00 Dream Manager</p>	<p>20</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 15) 11:00-12:00 Importance of Self Care (wk 8) 12:00-1:00 Lunch and Learn 1:00-3:00 Sunshine Fitness in the Park</p>	<p>21</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 5) 11:00-12:00 Having a Positive Life (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing 2:00-3:00 Social Skills Bingo</p>	<p>22</p> <p>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</p>
<p>25</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 6) 11:00-12:00 Book Club 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Pathway (wk 7) 2:00-3:00 Computer Connections</p>	<p>26</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Awakening the Spirit Within (wk 3) 11:00-12:00 Nine Dimensions of Wellness (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Creating Healthy Habits (wk 2) 2:00-3:00 Dream Manager</p>	<p>27</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee With Friends 10:00-11:00 WELL (wk 16) 11:00-12:00 Importance of Self Care (wk 9) 12:00-1:00 Lunch and Learn 1:00-2:00 How to Deal with Difficult Situations (wk 1) 2:00-3:00 Moving Beyond Anger (wk 1)</p>	<p>28</p> <p>8:00-4:30 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Overcoming Loneliness (wk 6) 11:00-12:00 Having a Positive Life (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Creative Writing 2:00-3:00 Social Skills Bingo</p>	

DESCRIPTION OF CLASSES

- **Awakening the Spirit Within:** Students will learn more about how to “awaken” their own spirit from within. The concept of spirituality will be discussed in a variety of ways which will enable participants to gain access to tools used to embrace spirituality in their own life.
- **Book Club:** During this group, citizens will gather to read a novel that is inspirational and uplifting. They will discuss the chapters read and how the story relates to their personal wellness.
- **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 build our circle of friends
- **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.
- **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.
- **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
- **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.