



Wellness City PERRIS-Adult Program
February 2019 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>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>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>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise</p> <p>12:00-2:00 Recovery Film</p> <p>2:00-3:00 Peer Chat.</p>
<p>4</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Having a Positive Life (wk 8)</p> <p>2:00-3:00 Creative Writing</p>	<p>5</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 WELL (wk 7)</p> <p>11:00-12:00 Moving Beyond Anger (wk 9)</p> <p>12:00-1:00 Town Hall Meeting</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Creating Healthy Habits (wk 1)</p>	<p>6</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-12:00 WRAP (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 7)</p> <p>2:00-3:00 My Wellness, My Doctor and Me (wk 1)</p>	<p>7</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 3)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Nine Dimensions of Wellness (wk 7)</p> <p>2:00-3:00 Meditation for the Soul</p>	<p>8</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise</p> <p>12:00-2:00 Recovery Film</p> <p>2:00-3:00 Peer Chat.</p>
<p>11</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 3)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Sunshine Fitness in the Park</p>	<p>12</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 WELL (wk 8)</p> <p>11:00-12:00 Moving Beyond Anger (wk 10)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Creating Healthy Habits (wk 2)</p>	<p>13</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-12:00 WRAP (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 8)</p> <p>2:00-3:00 My Wellness, My Doctor and Me (wk 2)</p>	<p>14</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 4)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Nine Dimensions of Wellness (wk 8)</p> <p>2:00-3:00 Meditation for the Soul</p>	<p>15</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise</p> <p>12:00-2:00 Recovery Film</p> <p>2:00-3:00 Peer Chat.</p>
<p>18</p> <p align="center">Closed for Presidents Day</p>	<p>19</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 WELL (wk 9)</p> <p>11:00-12:00 Forgiveness and Letting Go (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Creating Healthy Habits (wk 3)</p>	<p>20</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Computer Connections</p> <p>11:00-12:00 Facing Up (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Moving Beyond Anger (wk 1)</p> <p>2:00-3:00 My Wellness, My Doctor and Me (wk 3)</p>	<p>21</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 5)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Nine Dimensions of Wellness (wk 9)</p> <p>2:00-3:00 Meditation for the Soul</p>	<p>22</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00—12:00 <u>Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise</p> <p>12:00-2:00 Recovery Film</p> <p>2:00-3:00 Peer Chat.</p>
<p>25</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00 Orientation</p> <p>10:00-12:00 Healthy Living-Loma Linda Interns (wk 4)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Employment as a Path Way (wk 1)</p> <p>2:00-3:00 Creative Writing</p>	<p>26</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 WELL (wk 10)</p> <p>11:00-12:00 Forgiveness and Letting Go (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Creating Healthy Habits (wk 4)</p>	<p>27</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Computer Connections</p> <p>11:00-12:00 Facing Up (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Moving Beyond Anger (wk 2)</p> <p>2:00-3:00 My Wellness, My Doctor and Me (wk 4)</p>	<p>28</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00-11:00 Importance of Self Care (wk 1)</p> <p>11:00-12:00 Building Self Love (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Nine Dimensions of Wellness (wk 9)</p> <p>2:00-3:00 Social Skills Bingo</p>	

DESCRIPTION OF CLASSES

- **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
- **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.
- **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.
- **Having a Positive Life:** This group supports citizens in developing ways to increase a positive lifestyle.
- **Healthy Living:** Loma Linda Interns facilitate groups concerning physical and emotional wellness.
- **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
- **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.
- **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.
- **Sunshine Fitness:** This group is designed to connect citizens with physical wellness through light exercise and educational health videos.
- **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.
- **WRAP:** (Wellness Recovery Action Plan) Citizens will design their own recovery plan to explore ways to manage their emotions to enhance their personal wellness.