

Wellness City PERRIS-TAY Program

March 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 style="text-align: center;">Come create, have fun and build your <u>Circle of Friends!</u></p> <p style="text-align: center;">We have off site enrichment activities set for each month</p> <p style="text-align: center;">Call for details</p>			<p style="text-align: center;">1</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</p>
<p style="text-align: center;">4</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-12:00 Healthy Living-Loma Linda Interns (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Path Way (wk 2) 2:00-3:00 TAY Recovery thru Art</p>	<p style="text-align: center;">5</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 WELL (wk 11) 11:00-12:00 Forgiveness and Letting Go (wk 3) 12:00-1:00 Town Hall Meeting 1:00-2:00 Disability Rights Advocate 2:00-3:00 TAY Recovery Games</p>	<p style="text-align: center;">6</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 1) 11:00-12:00 Facing Up (wk 3) 12:00-1:00 Lunch and Learn 1:00-2:00 Moving Beyond Anger (wk 3) 2:00-3:00 TAY Dream Manager</p>	<p style="text-align: center;">7</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 2) 11:00-12:00 Building Self Love (wk 2) 12:00-1:00 Lunch and Learn 1:00-2:00 Positive Outcomes (wk 1) 2:00-3:00 TAY Book Club</p>	<p style="text-align: center;">8</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</p>
<p style="text-align: center;">11</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-12:00 Sunshine Fitness in the Park 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Path Way (wk 3) 2:00-3:00 TAY Recovery thru Art</p>	<p style="text-align: center;">12</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 WELL (wk 12) 11:00-12:00 Forgiveness and Letting Go (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 TAY Recovery Games</p>	<p style="text-align: center;">13</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 2) 11:00-12:00 Facing Up (wk 4) 12:00-1:00 Lunch and Learn 1:00-2:00 Moving Beyond Anger (wk 4) 2:00-3:00 TAY Dream Manager</p>	<p style="text-align: center;">14</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 Positive Outcomes (wk 2) 2:00-3:00 TAY Book Club</p>	<p style="text-align: center;">15</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</p>
<p style="text-align: center;">18</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-11:00 Dream Manager 11:00-12:00 Peer Chat 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Path Way (wk 4) 2:00-3:00 TAY Recovery thru Art</p>	<p style="text-align: center;">19</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 WELL (wk 13) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 TAY Recovery Games</p>	<p style="text-align: center;">20</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 3) 11:00-12:00 Facing Up (wk 5) 12:00-1:00 Lunch and Learn 1:00-2:00 Moving Beyond Anger (wk 5) 2:00-3:00 TAY Dream Manager</p>	<p style="text-align: center;">21</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 Positive Outcomes (wk 3) 2:00-3:00 TAY Book Club</p>	<p style="text-align: center;">22</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</p>
<p style="text-align: center;">25</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00 Orientation 10:00-12:00 Sunshine Fitness in the Park 12:00-1:00 Lunch and Learn 1:00-2:00 Employment as a Path Way (wk 5) 2:00-3:00 TAY Recovery thru Art</p>	<p style="text-align: center;">26</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Walk for Wellness 10:00-11:00 WELL (wk 14) 11:00-12:00 Creative Writing 12:00-1:00 Lunch and Learn 1:00-2:00 Disability Rights Advocate 2:00-3:00 TAY Recovery Games</p>	<p style="text-align: center;">27</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends 10:00-11:00 Building Friendships (wk 4) 11:00-12:00 Facing Up (wk 6) 12:00-1:00 Lunch and Learn 1:00-2:00 Moving Beyond Anger (wk 6) 2:00-3:00 TAY Dream Manager</p>	<p style="text-align: center;">28</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 5) 11:00-12:00 Awakening the Spirit Within (wk 1) 12:00-1:00 Lunch and Learn 1:00-2:00 Positive Outcomes (wk 4) 2:00-3:00 TAY Book Club</p>	<p style="text-align: center;">29</p> <p>8:00-5:00 Open Resource Room 9:00-10:00 Coffee with Friends <u>10:00—12:00 Fantastic Fridays</u> Healthy Breakfast Snacks, Karaoke & Fun Light Exercise 12:00-2:00 Recovery Film 2:00-3:00 Peer Chat.</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.
- **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
- **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.
- **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
- **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.
- **Healthy Living:** Loma Linda Interns facilitate groups concerning physical and emotional wellness.
- **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.
- **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 Games:** Come join us for a fun game and some time to develop your circle of friends!
- **Recovery through Art:** This group offers an opportunity for citizens to practice their art skills and to express recovery through different art mediums.
- **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.