



# Wellness City Temecula-Adult Program

April 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>1</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00 <b>Orientation</b></p> <p>10:00-12:00 WRAP (wk 4)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 3)</p> <p>2:00-3:00 Book Club</p>	<p>2</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Coming Out of the Fog (wk 2)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 2)</p> <p>2:00-3:00 Recovery Games</p>	<p>3</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-11:00 Sunshine Fitness in the Park</p> <p>11:00-12:00 Facing Up (wk 5)</p> <p>12:00-1:00 <b>Town Hall Meeting</b></p> <p>1:00-2:00 How to Deal with Difficult Situations (wk 6)</p> <p>2:00-3:00 Moving Beyond Anger (wk 6)</p>	<p>4</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Overcoming Loneliness (wk 11)</p> <p>11:00-12:00 Having a Positive Life (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Recovery thru Art</p> <p>2:00-3:00 Creative Writing</p>	<p>5</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00—12:00 <b>Fantastic Fridays</b></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise</p> <p>12:00-1:00 Peer Chat</p> <p>1:00-3:00 Recovery Films</p>
<p>8</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00 <b>Orientation</b></p> <p>10:00-12:00 WRAP (wk 5)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 4)</p> <p>2:00-3:00 Book Club</p>	<p>9</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Coming Out of the Fog (wk 3)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 3)</p> <p>2:00-3:00 Recovery Games</p>	<p>10</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Meditation for the Soul</p> <p>10:00-11:00 COLOR (wk 1)</p> <p>11:00-12:00 Facing Up (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 How to Deal with Difficult Situations (wk 7)</p> <p>2:00-3:00 Moving Beyond Anger (wk 7)</p>	<p>11</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Overcoming Loneliness (wk 12)</p> <p>11:00-12:00 Take Back Your Space (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Recovery thru Art</p> <p>2:00-3:00 Creative Writing</p>	<p>12</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00—12:00 <b>Fantastic Fridays</b></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise</p> <p>12:00-1:00 Peer Chat</p> <p>1:00-3:00 Recovery Films</p>
<p>15</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00 <b>Orientation</b></p> <p>10:00-12:00 WRAP (wk 6)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 5)</p> <p>2:00-3:00 Book Club</p>	<p>16</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Coming Out of the Fog (wk 4)</p> <p>11:00-12:00 Nine Dimensions of Wellness (wk 10)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 4)</p> <p>2:00-3:00 Recovery Games</p>	<p>17</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Meditation for the Soul</p> <p>10:00-11:00 COLOR (wk 2)</p> <p>11:00-12:00 Facing Up (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 How to Deal with Difficult Situations (wk 8)</p> <p>2:00-3:00 Moving Beyond Anger (wk 8)</p>	<p>18</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Overcoming Loneliness (wk 13)</p> <p>11:00-12:00 Take Back Your Space (wk 2)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-3:00 Sunshine in the Park</p>	<p>19</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00—12:00 <b>Fantastic Fridays</b></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise</p> <p>12:00-1:00 Peer Chat</p> <p>1:00-3:00 Recovery Films</p>
<p>22</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00 <b>Orientation</b></p> <p>10:00-12:00 WRAP (wk 7)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 6)</p> <p>2:00-3:00 Book Club</p>	<p>23</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Coming Out of the Fog (wk 5)</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 Back to Life (wk 1)</p> <p>2:00-3:00 Recovery Games</p>	<p>24</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Meditation for the Soul</p> <p>10:00-11:00 COLOR (wk 3)</p> <p>11:00-12:00 Facing Up (wk 8)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Living Deeply (wk 1)</p> <p>2:00-3:00 Moving Beyond Anger (wk 9)</p>	<p>25</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Positive Outcomes (wk 1)</p> <p>11:00-12:00 Take Back Your Space (wk 3)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Recovery thru Art</p> <p>2:00-3:00 Creative Writing</p>	<p>26</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00—12:00 <b>Fantastic Fridays</b></p> <p>Healthy Breakfast Snacks, Social Skills Bingo, &amp; Fun Light Exercise</p> <p>12:00-1:00 Peer Chat</p> <p>1:00-3:00 Recovery Films</p>
<p>29</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Walk for Wellness</p> <p>10:00 <b>Orientation</b></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 Book Club</p>	<p>30</p> <p>8:00-4:30 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Coming Out of the Fog (wk 6)</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 Back to Life (wk 2)</p> <p>2:00-3:00 Recovery Games</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 <b>Circle of Friends!</b></p> <p>We have off site enrichment activities set for each month</p> <p>Call for details</p>

## *DESCRIPTION OF CLASSES*

- **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.
- **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 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
- **C.O.L.O.R (Co-Occurring Life of Recovery):** In this group, citizens will identify the foundation points for how the journey of recovery begins. The group will explore five key concepts and how to implement them and enhance their wellness.
- **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.
- **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.
- **How to Deal with Difficult Situations:** how to set wise and healthy boundaries so we can respond in a positive way, create no-lose strategies to resolve differences, and stop our own destructive behavior patterns.
- **Living Deeply:** A study in applying practices from the book "The art of transforming in everyday life" by Marilyn Schlitz, Ph.D
- **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 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.
- **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.
- **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.
- **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.