



Wellness City PERRIS-Adult Program

April 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>1</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>10:00-11:00 Book Club</p> <p>11:00-12:00 Recovery Games</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Employment as a Path Way (wk 6)</p> <p>2:00-3:00 Who Moved My Cheese (wk 1)</p>	<p>2</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 15)</p> <p>11:00-12:00 Dream Manager</p> <p>12:00-1:00 Town Hall Meeting</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Living Deeply (wk 1)</p>	<p>3</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Building Friendships (wk 5)</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 Moving Beyond Anger (wk 7)</p> <p>2:00-3:00 Recovery thru Art</p>	<p>4</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 6)</p> <p>11:00-12:00 Recovery thru Music</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Positive Outcomes (wk 4)</p> <p>2:00-3:00 Take Back Your Space (wk 1)</p>	<p>5</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></p> <p>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>8</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 Sunshine Fitness in the Park</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Employment as a Path Way (wk 7)</p> <p>2:00-3:00 Who Moved My Cheese (wk 2)</p>	<p>9</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 16)</p> <p>11:00-12:00 Creative Writing</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Disability Rights Advocate</p> <p>2:00-3:00 Living Deeply (wk 2)</p>	<p>10</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Building Friendships (wk 6)</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 Moving Beyond Anger (wk 8)</p> <p>2:00-3:00 Recovery thru Art</p>	<p>11</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 7)</p> <p>11:00-12:00 Recovery thru Music</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 1)</p> <p>2:00-3:00 Take Back Your Space (wk 2)</p>	<p>12</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></p> <p>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>15</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>10:00-11:00 Book Club</p> <p>11:00-12:00 Recovery Games</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Employment as a Path Way (wk 8)</p> <p>2:00-3:00 Who Moved My Cheese (wk 3)</p>	<p>16</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 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 Living Deeply (wk 3)</p>	<p>17</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Building Friendships (wk 7)</p> <p>11:00-12:00 Facing Up (wk 9)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Moving Beyond Anger (wk 9)</p> <p>2:00-3:00 Recovery thru Art</p>	<p>18</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 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Home is Where the Heart Is (wk 2)</p> <p>2:00-3:00 Take Back Your Space (wk 3)</p>	<p>19</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></p> <p>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>22</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 Sunshine Fitness in the Park</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Employment as a Path Way (wk 9)</p> <p>2:00-3:00 Who Moved My Cheese (wk 4)</p>	<p>23</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 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 Living Deeply (wk 4)</p>	<p>24</p> <p>8:00-5:00 Open Resource Room</p> <p>9:00-10:00 Coffee with Friends</p> <p>10:00-11:00 Creating Healthy Habits (wk 1)</p> <p>11:00-12:00 Facing Up (wk 10)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Moving Beyond Anger (wk 10)</p> <p>2:00-3:00 Recovery thru Art</p>	<p>25</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 2)</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 Take Back Your Space (wk 4)</p>	<p>26</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></p> <p>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>29</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 WRAP (wk 1)</p> <p>12:00-1:00 Lunch and Learn</p> <p>1:00-2:00 Building Self Love (wk 1)</p> <p>2:00-3:00 How to Deal with Difficult Situations (wk 1)</p>	<p>30</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 Disability Rights Advocate</p> <p>2:00-3:00 Living Deeply (wk 5)</p>	<p style="text-align: center;">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 style="text-align: center;">Call for details</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 style="text-align: center;">*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI</p>	

DESCRIPTION OF CLASSES

- **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
- **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.
- **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.
- **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
- **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
- **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.
- **Positive Outcomes:** Citizens will learn about effectively communicating with others and asserting their own interests, desires, needs, and rights to achieve their desired goal.
- **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
- **Recovery through Music:** This group is an open group which explores different genre's of music which may be used to inspire hope and creativity in one's recovery process.
- **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.
- **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.