<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Closed for Holiday</td>
<td>8:00-4:30 Open Resource Room</td>
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<tr>
<td>9:00-10:00 Coffee with Friends</td>
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<tr>
<td>10:00-11:00 Coming Out of the Fog (wk 1)</td>
<td>10:00-11:00 Coming Out of the Fog (wk 1)</td>
<td>10:00-11:00 Moving Beyond Anger (wk 1)</td>
<td>10:00-11:00 Home Is Where the Heart Is (wk 6)</td>
<td>8:00-4:30 Open Resource Room</td>
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<td>11:00-12:00 Building Friendships (wk 5)</td>
<td>11:00-12:00 COLOR (wk 2)</td>
<td>11:00-12:00 Moving Beyond Anger (wk 2)</td>
<td>10:00-11:00 Home Is Where the Heart Is (wk 7)</td>
<td>4:30 Open Resource Room</td>
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<tr>
<td>12:00-1:00 Lunch and Learn</td>
<td>12:00-1:00 Lunch and Learn</td>
<td>11:00-12:00 Forgiveness and Letting Go (wk 1)</td>
<td>11:00-12:00 Nine Dimensions of Wellness (wk 10)</td>
<td>3:00 Book Club</td>
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<tr>
<td>1:00-2:00 Recovery thru Art</td>
<td>1:00-2:00 Recovery thru Art</td>
<td>12:00-1:00 Lunch and Learn</td>
<td>12:00-1:00 Lunch and Learn</td>
<td>1:00-2:00 Building Self Love (wk 2)</td>
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<tr>
<td>2:00-3:00 Meditation for the Soul</td>
<td>2:00-3:00 Meditation for the Soul</td>
<td>1:00-2:00 Employment as a Pathway (wk 6)</td>
<td>2:00-3:00 Healing the Soul thru Poetry</td>
<td>2:00-3:00 Recovery thru Music</td>
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<td>2:00-3:00 Dream Manager</td>
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<td>1:00-3:00 Recovery Films</td>
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Wellness City Services are available to Riverside County residents, who are currently or have previously been enrolled with Riverside County Mental Health Dept.

*FUNDED IN WHOLE OR PART BY RCDMH, MHSA AND PEI*

Come create, have fun, and build your Circle of Friends!

We have off site enrichment activities set for each month

Call for details
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. 6 wks

- **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. 7 wks

- **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. 5 wk

- **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. 8 wk

- **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. 9 wks

- **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.

- **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. 9 wks

- **Fantastic Fridays:** Healthy breakfast snacks, fun, light exercise, Recovery Bingo! Learn, enhance your wellness & have a blast

- **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. 10 wks

- **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. 4 wk

- **Healing the Soul through Poetry:** The goal of this course is to connect one’s mind and spirit through creative art expression. At each session, videos of poetry will be shared and discussed along with citizen’s personal poetry. 4 wk

- **Home is Where the Heart Is:** This group focuses on how citizens can acquire and/or maintain a wellness centered home. 8 wks

- **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. 8 wks

- **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 and through Anger:** This group consists of discussions and material which will assist citizens in exploring healthy ways of moving beyond the anger. Citizens will learn techniques used to manage their emotions and approach each life situation with a calm perspective. 10 wks

- **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. 4 wk

- **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! 10 wks

- **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.

- **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 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.

- **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. 4wk

- **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

- **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.