

SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
				SDC Group 1:30pm-2:30pm Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 9:00am-10:30am Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
4	5	6	7	8	9	10
	Women's Support Group 3:00pm-5:00pm Adult Survivors of Child Abuse Support Group 11:00am-12:30pm	Silk Painting 1:00pm-2:30pm Craft Stamping 4:00pm-5:00pm	Citizenship Study Group 4:00pm-5:00pm	SDC Group 1:30pm-2:30pm Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 9:00am-10:30am Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm	
11	12	13	14	15	16	17
	Adult Survivors of Child Abuse Support Group 11:00am-12:30pm	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm Silk Painting 1:00pm-2:30pm Craft Stamping 4:00pm-5:00pm	Picture Perfect 10:00am-12:00pm	SDC Group 1:30pm-2:30pm Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 9:00am-10:30am Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	
18	19	20	21	22	23	24
	Women's Support Group 3:00pm-5:00pm Adult Survivors of Child Abuse Support Group 11:00am-12:30pm	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm Silk Painting 1:00pm-2:30pm Craft Stamping 4:00pm-5:00pm	Picture Perfect 10:00am-12:00pm Citizenship Study Group 4:00pm-5:00pm	SDC Group 1:30pm-2:30pm Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 9:00am-10:30am Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	
25	26	27	28	29	30	31
A service of Mono County Mental Health and Proposition 63.	COUNTY HOLIDAY	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm Silk Painting 1:00pm-2:30pm Craft Stamping 4:00pm-5:00pm	Picture Perfect 10:00am-12:00pm Citizenship Study Group 4:00pm-5:00pm	SDC Group 1:30pm-2:30pm Kid's Art Corner 3:00pm-4:00pm	Open ArtStudio 3:00pm-5:00pm	Revised 12/05/11

Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1757

DESCRIPTION OF WELLNESS CENTER ACTIVITIES

WOMEN'S SUPPORT GROUP: If you are interested in being a part of a group for women in recovery, than this is the group for you. For more information, please contact Cristina Whitlock at (760) 924-1755.

OPEN ART STUDIO: If you have a project you are working on, or if you want to learn a new craft, than this is the activity for you. This is a time to get together with others and share ideas.

WALKING FOR FUN! This class will start at Sierra Wellness Center. Get ready for a relaxing walk.

JUST BEAD IT!: Please join us for a fun and creative time. It has been said that there are many people who like to bead in the Eastern Sierra. Whether you are experienced or someone who is looking to learn a new skill, you will enjoy our beading group. Feel free to bring current projects and any tools/materials you feel comfortable with.

Yarn & Company: Calling all knitters! No matter what type of knitting you like to do, you will be welcome into the circle. All skill levels are encouraged to join us. Please bring any projects you

SILK PAINTING: As part of Mixed Media art, learn basic techniques for painting on silk using watercolor. Learn special effects with resists, anti-diffusants and sea salts!

PICTURE PERFECT: Using an unfinished wooden picture frame (with glass), you can create a unique gift by decorating the frame anyway you want!

SDC ART GROUP: This is a closed group for MHS Students.

ESL: This English as a Second Language (ESL) course emphasizes comprehension and speaking over written grammar. For more information, please call Chris Mausolff at (760) 924-1756.

KID'S ART CORNER: This activity is a perfect way to bond with your little one. For kids under 16, parents must be present to participate. We have a variety of arts and crafts for kids of all ages. Healthy snacks will also be offered to keep the energy going.

PAPER MACHE ART: Don't miss out on this great opportunity to try your hand at creating a one of a kind work of art. Whether you want to create masks, animals, or just a fun and goofy figurine, now's your chance!

ADULT SURVIVORS OF CHILD ABUSE SUPPORT GROUP: Open support group for adult survivors of childhood physical, emotional, and/or sexual abuse based on a 21-step recovery model that helps individuals move from victim to survivor to thriver.

CITIZENSHIP STUDY GROUP: This is a one hour session each week, conducted in English and Spanish, to prepare and practice for the US Citizenship interview and exam. The exam questions as well as the nature of the interview will be addressed. English vocabulary, and personal presentation that is necessary for success will be practiced as well.

CRAFT STAMP ART: Join us in making your own personal rubber stamp. Stamp-making is fun and a great way to express your creativity and individuality. It's all free! Make one for yourself or for a friend.

SHADY REST WALKERS: This class is for all levels of walkers or joggers. This is a 1, 2 or 3 mile walk. Our walk will begin at the Sierra Wellness Center. This class is a great way to meet other walkers and get some much needed exercise!

Grupo De Padres para ninos de 2 a 7 anos de edad. Aprender habilidades para enfrentar con los berrinches, jugando, gratificante, el establecimiento de limites y la aplicacion de las consecuencias.