

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	<b>COUNTY HOLIDAY</b>	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm New Year's Vision 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	Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>
8	9	10	11	12	13	14
	Women's Support Group 3:00pm-5:00pm Adult Survivors of Child Abuse Support Group (Closed Class) 11:00am-12:30pm	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm New Year's Vision 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	Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	
15	16	17	18	19	20	21
	<b>COUNTY HOLIDAY</b>	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	Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Open ArtStudio 3:00pm-5:00pm	
22	23	24	25	26	27	28
	Women's Support Group 3:00pm-5:00pm Adult Survivors of Child Abuse Support Group (Closed Class) 11:00am-12:30pm	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm New Year's Vision 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	Yarn & Company 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm	
29	30	31				
<b>A service of Mono County Mental Health and Proposition 63.</b>	Women's Support Group 3:00pm-5:00pm Adult Survivors of Child Abuse Support Group (Closed Class) 11:00am-12:30pm	ESL 10:00am-12:00pm Grupo De Padres 12:00pm-1:00pm New Year's Vision 1:00pm-2:30pm Craft Stamping 4:00pm-5:00pm				<b>Revised 1/09/12</b>

**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**

## DESCRIPTON 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.

**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!

**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.

**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 thrive. (This class is closed)

**NEW YEAR'S VISION:** Join us this month in using mixed media, collage, and creative writing techniques to inspire and create a visual representation of your personal growth vision for the new year. Learn how to use active visualization, set positive intention, enhance self-awareness, and cultivate self-motivation and self-corrective habits to help you bring your vision to life.

**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.

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

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