

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	DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
4	5	6	7	8	9	10
	Women's Support Group 3:00pm-5:00pm	ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm Open Studio 4:00pm-5:00pm	Craft Stamping 10:00am-12:00pm Living Stress Free & Making Positive Choices 3:00pm-4:30pm	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 Art Studio 3:00pm-5:00pm	
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
		ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm Open Studio 4:00pm-5:00pm	Craft Stamping 10:00am-12:00pm Living Stress Free & Making Positive Choices 3:00pm-4:30pm	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	
25	26	27	28	29	30	31
A service of Mono County Mental Health and Proposition 63.		ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm	Craft Stamping 10:00am-12:00pm Living Stress Free & Making Positive Choices 3:00pm-4:30pm	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 Art Studio 3:00pm-5:00pm	

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](tel:7609241757)

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.

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 thriver. **This is a closed class.**

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

LIVING STRESS FREE & MAKING POSITIVE CHOICES:
Has stress gotcha down? Come and learn anger management techniques and fun ways to feel less stressed

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!

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.