

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	Women's Group 3:00pm-5:00pm	ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm	Design a Tote Bag 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 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm Peeps Art 4:00pm-5:30pm	<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>
8	9	10	11	12	13	14
	We Can Do It! 1:30pm-3:00pm Women's Group 3:00pm-5:00pm	ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm	Living Stress Free & Making Positive Choices 3:00pm-4:30pm	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	
15	16	17	18	19	20	21
		ESL 10:00am-12:00pm ASCA Support Group 1:00pm-2:30pm Open Studio 4:00pm-5:00pm	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 10:30am-12:00pm Just Bead It! 1:30pm-3:00pm	
22	23	24	25	26	27	28
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29	30					
A service of Mono County Mental Health and Proposition 63.						

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:(760)924-1757)

## DESCRIPTION OF WELLNESS CENTER ACTIVITIES

**WOMEN'S 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 want to share or any current pieces to work on. We have some

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

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

**Peeps Art:** This is a one time opportunity to take part in a playful spin on art. We will be using actual Peeps (Marshmello Treat) to create a masterpiece. Feel free to check out the following website for peep art: <http://www.squidoo.com/peep-art-show>

**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.**

**Design a Tote Bag:** You can decorate your own tote bag by making a linoleum print design and stamping your design onto your bag, or you can use fabric pens or fabric paint.

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

**We can do it!** Do you want to look and feel your best? Come and take part in this fun class that promotes, healthy eating and exercise = wellness. All classes begin at the wellness center. After 20 minutes of check in and nutrition information, we head out and meet at Snow Creek Athletic Club to exercise. It's time to start!

**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.