










SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
			Club House Live 2:45pm – 5:00pm	Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 10:00am-11:30am Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>
6	7	8	9	10	11	12
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm - 3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm	Kid's Art Corner 3:00pm-4:00pm 	Open Art Studio 10:00am-11:30am Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
13	14	15	16	17	18	19
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm - 3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm 	Kid's Art Corner 3:00pm-4:00pm	Open Art Studio 10:00am-11:30am Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
20	21	22	23	24	25	26
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm	Kid's Art Corner 3:00pm-4:00pm Spaghetti Club 5:00pm-6:30pm	Open Art Studio 10:00am-11:30am Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
27	28	29	30	31		
<b>A service of Mono County Behavioral Health and Proposition 63.</b>	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm-3:00pm Yin Yoga 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Club House Live 2:45pm – 5:00pm	Kid's Art Corner 3:00pm-4:00pm 	Open Art Studio 10:00am-11:30am Writing Down The Bones 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	

## DESCRIPTION OF WELLNESS CENTER ACTIVITIES

**RELAPSE PREVENTION GROUP:** This group is designed to deliver information, support and camaraderie. We have many goals for the Relapse Prevention Group. Some of our goals include; Allow interaction with other people in recovery, receive relapse prevention material and group cohesion. Please join us!!

**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.

**Spaghetti Club:** This club is for all people who want to be a part of a group, for social networking and for good grub. January brings us plates of spaghetti!! If you would like to bring a dish to share with the group that would be great, however do not feel like

### **LIVING STRESS FREE & MAKING POSITIVE CHOICES:**

Has stress gotcha down? Come and learn anger management techniques and fun ways to feel less stressed

**OPEN STUDIO:** This is a great activity to join in on the fun of creating a unique craft or art project. Feel free to bring in a project that you would like to work on or you can learn a new art or craft.

**HIGHLY SENSITIVE PERSON SUPPORT GROUP:** This support group is open to all HSPs interested in being in a validating and supportive environment, engaging in self-exploration and personal growth through expressive arts, and connecting with other HSPs to share experiences and strategies. We will use different mediums such as watercolor, collage, clay, music, movement, and other forms of creative expression to learn about ourselves, tap into creativity, and express difficult to articulate feelings, emotions, and experiences.

**Please note:** The requirement to take this class is to take the HSP Assessment, prior to joining the group. Here is the website to the assessment:

<http://www.hsperson.com/pages/test.htm>

**Club House Live M.S. & Club House Live H.S.** is a free after school program for Middle School & High School students that gives Mammoth youth a safe place to hang out, do homework and socialize. Activities will be developed together, such as dances, movie nights and community events.

**Yin Yoga:** Yin is a passive style of yoga where stretches are held for longer periods in comfortable positions (2-5 minutes). No standing poses or flowing combinations! The purpose is to improve mobility in the hips and spine and gain access to deeper connective tissue (fascia). Focus is on the breath and the practice encourages relaxation, stress release and a sense of surrender in both body and mind. PLEASE NOTE THE TIME CHANGE!!

**Writing Down The Bones:** Loosely based on the book "Writing Down the Bones" by Nathalie Goldberg, this workshop will focus on cultivating spontaneous journaling skills as a tool for self-reflection, stress management, problem solving, and creativity. Using techniques such as writing from "first thoughts" (keep your hand moving, don't cross out, just get it on paper), on listening (writing is ninety percent listening: the deeper you listen, the better you write), on using verbs