

# SIERRA WELLNESS CENTER JULY 2013 JOIN US FOR FREE & FUN ACTIVITIES!

| SUN  | MON  | TUES   | WED   | THUR  | FRI  | SAT   |
|--|--|--|---|---|--|---|
|  | 1  | 2  | 3   | 4   | 5  | 6   |
| <p><b>A service of Mono County Behavioral Health and Proposition 63.</b></p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Relapse Prevention</b><br/>12:00 – 1:00pm<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Soulful Art</b><br/>3:00pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>HSP Support Group</b><br/>1:30pm - 3:00pm<br/><b>Yin Yoga Stretch</b><br/>3:00pm-4:00pm<br/><b>Living Stress Free &amp; Making Positive Choices</b><br/>4:00pm-5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p> |   | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p>   | <p><b>Club House Live</b><br/>2:00pm – 5:00pm</p> |
| 7  | 8  | 9  | 10  | 11  | 12   | 13  |
|  | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Relapse Prevention</b><br/>12:00 – 1:00pm<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Soulful Art</b><br/>3:00pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>HSP Support Group</b><br/>1:30pm - 3:00pm<br/><b>Yin Yoga Stretch</b><br/>3:00pm-4:00pm<br/><b>Living Stress Free &amp; Making Positive Choices</b><br/>4:00pm-5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Let's Quit Together</b><br/>12:00pm -1:00pm<br/><b>Open Door</b><br/>1:00pm-3:00pm<br/><b>Support Group for Teen Mothers</b><br/>3:30pm -4:30 pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p>   | <p><b>Club House Live</b><br/>2:00pm – 5:00pm</p> |
| 14   | 15   | 16   | 17  | 18  | 19   | 20  |
|  | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Relapse Prevention</b><br/>12:00 – 1:00pm<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Soulful Art</b><br/>3:00pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>HSP Support Group</b><br/>1:30pm - 3:00pm<br/><b>Yin Yoga Stretch</b><br/>3:00pm-4:00pm<br/><b>Living Stress Free &amp; Making Positive Choices</b><br/>4:00pm-5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-3:00pm<br/><b>Let's Quit Together</b><br/>12:00pm -1:00pm<br/><b>Support Group for Teen Mothers</b><br/>3:30pm -4:30 pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p>   |   |
| 21   | 22   | 23   | 24  | 25  | 26   | 27  |
|  | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Relapse Prevention</b><br/>12:00 – 1:00pm<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Soulful Art</b><br/>3:00pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>HSP Support Group</b><br/>1:30pm - 3:00pm<br/><b>Yin Yoga Stretch</b><br/>3:00pm-4:00pm<br/><b>Living Stress Free &amp; Making Positive Choices</b><br/>4:00pm-5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-3:00pm<br/><b>Let's Quit Together</b><br/>12:00pm -1:00pm<br/><b>Support Group for Teen Mothers</b><br/>3:30pm -4:30 pm</p> |  | <p><b>Club House Live</b><br/>2:00pm – 5:00pm</p> |
| 28   | 29   | 30   | 31  |   |  |   |
| <p><b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b></p>                    | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Relapse Prevention</b><br/>12:00 – 1:00pm<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Soulful Art</b><br/>3:00pm – 5:00pm</p> | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>HSP Support Group</b><br/>1:30pm-3:00pm<br/><b>Yin Yoga Stretch</b><br/>3:00pm-4:00pm<br/><b>Living Stress Free &amp; Making Positive Choices</b><br/>4:00pm-5:00pm</p>   | <p><b>Open Door</b><br/>10:00am-11:30am<br/><b>Open Door</b><br/>1:00pm-2:30pm<br/><b>Club House Live</b><br/>2:45pm – 5:00pm</p> |   | <p><b>Our address is:</b></p> <p style="text-align: center;"><b>452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall.</b></p> <p style="text-align: center;"><b>Our phone number is (760) 924-1757</b></p> |   |

## 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!!

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

Has stress gotcha down? Come and learn anger management techniques and fun ways to feel less stressed and start enjoying your life to the fullest

**OPEN DOOR:** Come in for conversation, a movie, coffee, reading or art. Feel free to bring in a project that you would like to work on.

**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!!

**“Let’s Quit Together”:** Studies prove that quitting tobacco is more successful when done together. “Let’s Quit Together” is a chance to quit once and for all while making supportive connections. Together, we can do anything!”

**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.

### **Soulful Art: Nourishing Mind, Emotions, & Creativity**

Join this weekly workshop to learn different techniques of mixed media art to engage in inner-work, contemplation and personal growth. No experience required!

### **Mammoth Moms:** A support Group for Teen Mothers

A Place for you to meet other mothers your age, and support and encourage each other in the challenging task of raising your child.

Discussions on everything from parenting to relationships, stress reduction to community resources. A safe and confidential environment to discuss the struggles and joys of being a teen mom.