






**SIERRA WELLNESS CENTER SEPTEMBER 2013 JOIN US FOR FREE & FUN ACTIVITIES!**

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
		<b>Open Art Studio</b> 12:00pm-1:30pm <b>Yin Yoga Stretch</b> 3:00pm-4:00pm	  <b>Club House Live</b> 2:45 -5:00pm	<b>Music Lessons &amp; appreciation</b> 1:00pm-3:00pm <b>Support Group for Teen Mothers</b> 3:30pm -4:30 pm <b>Parenting your Tween and teen</b> 5:00pm- 6:00pm	<b>Club House Live</b> 2:45pm – 5:00pm	
8	9	10	11	12	13	14
  <b>Happy Grandparents Day!</b>	<b>Relapse Prevention</b> 12:00 – 1:00pm <b>Soul Art</b> 1:00pm – 2:30pm <b>Club House Live</b> 2:45pm – 5:00pm	<b>HSP Support Group Referral Only</b> 1:30pm - 3:00pm <b>Yin Yoga Stretch</b> 3:00pm-4:00pm <b>Living Stress Free &amp; Making Positive Choices</b> 4:00pm-5:00pm	<b>Club House Live</b> 2:45 -5:00pm <b>The New Comers Group</b> 5:30pm-7:00pm	<b>Music Lessons &amp; appreciation</b> 1:00pm-3:00pm <b>Support Group for Teen Mothers</b> 3:30pm -4:30 pm <b>Parenting your Tween and teen</b> 5:00pm- 6:00pm	<b>Club House Live</b> 2:45pm – 5:00pm	
15	16	17	18	19	20	21
	<b>Relapse Prevention</b> 12:00 – 1:00pm <b>Soul Art</b> 1:00pm – 2:30pm <b>Club House Live</b> 2:45pm – 5:00pm	<b>HSP Support Group Referral Only</b> 1:30pm - 3:00pm <b>Yin Yoga Stretch</b> 3:00pm-4:00pm <b>Living Stress Free &amp; Making Positive Choices</b> 4:00pm-5:00pm	<b>Club House Live</b> 2:45 -5:00pm <b>The New Comers Group</b> 5:30pm-7:00pm	<b>Music Lessons &amp; appreciation</b> 1:00pm-3:00pm <b>Support Group for Teen Mothers</b> 3:30pm -4:30 pm <b>Parenting your Tween and teen</b> 5:00pm- 6:00pm	<b>Club House Live</b> 2:45pm – 5:00pm	
22	23	24	25	26	27	28
  <b>First Day of Autumn</b>	<b>Relapse Prevention</b> 12:00 – 1:00pm <b>Soul Art</b> 1:00pm – 2:30pm <b>Club House Live</b> 2:45pm – 5:00pm	<b>HSP Support Group Referral Only</b> 1:30pm - 3:00pm <b>Yin Yoga Stretch</b> 3:00pm-4:00pm <b>Living Stress Free &amp; Making Positive Choices</b> 4:00pm-5:00pm	<b>Club House Live</b> 2:45 -5:00pm <b>The New Comers Group</b> 5:30pm-7:00pm	<b>Music Lessons &amp; appreciation</b> 1:00pm-3:00pm <b>Support Group for Teen Mothers</b> 3:30pm -4:30 pm <b>Parenting your Tween and teen</b> 5:00pm- 6:00pm	<b>Club House Live</b> 2:45pm – 5:00pm	
29	30					
<b>DESCRIPTION OF EACH ACTIVITY IS ON THE BACK</b>	<b>Relapse Prevention</b> 12:00 – 1:00pm <b>Soul Art</b> 1:00pm – 2:30pm <b>Club House Live</b> 2:45pm – 5:00pm					<b>A service of Mono County Behavioral Health and Proposition 63.</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

## DESCRIPTION OF WELLNESS CENTER ACTIVITIES

### **The Newcomers Group:**

Open Group:

Come talk about being new to the area, not just the struggles but the STRENGTHS! Meetings are weekly this is an open group for people to come and go as they would like BUT also to respect those that attend.

**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 ART STUDIO:** Come in for conversation, a movie, 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!!

**Music Lessons & appreciation:** Have you ever wanted to learn a musical instrument? Kevin Lynch teaches guitar, mandolin, bass, harmonica, keyboards, orchestral strings and music theory, as well as what to listen for in music.

**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>

**Parenting Your Tween and Teen:** Feeling really frustrated with your teen and tween? Ready to pull your hair out? Want to learn some new skills/tools to handle it? Please join us on Thursdays at 5:00pm.

**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.

### **Soul 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.