






SIERRA WELLNESS CENTER NOVEMBER 2014

Join us for **FREE & FUN** activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
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A service of Mono County Behavioral Health and Proposition 63.						DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
2	3	4	5	6	7	8
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm-3:00 Overeaters Anonymous 5:30pm-6:30pm	Club House Live 2:45pm – 5:00pm 		Yoga 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
9	10	11	12	13	14	15
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	 2014 Wellness Center Closed	Club House Live 2:45pm – 5:00pm		Yoga 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
16	17	18	19	20	21	22
	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 2:45pm – 5:00pm		Yoga 1:30pm-2:30pm Club House Live 2:45pm – 5:00pm	
23	24	25	26	27	28	29
30	Relapse Prevention 12:00 – 1:00pm Club House Live 2:45pm – 5:00pm	HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	Club House Live 2:45pm – 5:00pm	 Wellness Center Closed	 Wellness Center Closed	

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!!

Chakra Yoga & Meditation:

Chakras are seven energy centers within the body, from the base of the spine to the crown of the head that can affect overall health if they become blocked or overloaded. Re-balance the body and mind through simple yoga poses, breathing and meditation to achieve physical, emotional and spiritual harmony.

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!!

Mindfulness Meditation:

Start your day more centered and focused!
Mindfulness Meditation Group for Beginners

7:30am-8:00am Mon, Tue, Thu, Fri

Overeaters Anonymous Preamble: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees; OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Contacts: Tessa 760-934-6588 or Leah 760-914-0847

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>

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

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.

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

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.