

WALKER WELLNESS CENTER

November, 2014

The Wellness Center is OPEN TO EVERYONE in the community!!

Please join us for FREE & FUN activities!

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|---|---|
| | 3 | 4 | 5 | 6 | 7 | 8 |
|  | | |  | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Wild Iris Women's Support Group Spanish speaking-12pm English-1pm |  | | | Kids Art Corner 1:30pm-2:30pm | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | | Kids/Teens Vocal Class Choir 4pm |  | | Kids Art Corner 1:30pm-2:30pm |  |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | Kids/Teens Vocal Class Choir 4pm | |  |  | |
| 30 | | | | | | |
| |  | Kids/Teens Vocal Class Choir 4pm | | | | |

The Walker Wellness Center is located at 107655 Hwy. 395 (Just across the Hwy. from the Country Store) Feel free to call us at (530) 495-2363

A service of Mono County Mental Health and Proposition 63

Hours of operation: Monday 8am-6pm, Wednesdays 8am-6pm, Fridays 8am-5pm (additional hours may be available by appointment only)

WOMENS SUPPORT GROUP: Feeling alone? There is help. Join Wild Iris for a monthly conversational support group. Discussion topics will include, but are not limited to: relationships, parenting, divorce, child custody, navigating the legal system, domestic violence, sexual assault and child abuse. A confidential and safe environment will be provided. Group will be held once a month, on the first Monday

KIDS/TEEN VOCAL CLASS CHOIR: Free vocal classes by an experienced instructor. Please call Kathy at 801-400-7964 to sign up. Free of charge

KIDS ART CORNER: Come join us for some structured crafts activities. Materials and use of equipment are free of charge. No sign up required.