

**SIERRA WELLNESS CENTER MARCH 2015** Join us for **FREE & FUN** activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
A service of Mono County Behavioral Health and Proposition 63.	Relapse Prevention 12:00 – 1:00pm	HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	No Clubhouse until Summer For questions please call the front office 760-924-1740		Yin Yoga Stretch 1:30pm-2:30pm  Revolving Doors <u>Referral only</u> 4:00pm -5:00pm	DESCRIPTION OF EACH ACTIVITY IS ON THE BACK
8	9	10	11	12	13	14
 DAYLIGHT SAVINGS TIME	Relapse Prevention 12:00 – 1:00pm	HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm		Yin Yoga Stretch 1:30pm-2:30pm  Revolving Doors <u>Referral only</u> 4:00pm -5:00pm	
15	16	17	18	19	20	21
	Relapse Prevention 12:00 – 1:00pm	HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm		Yin Yoga Stretch 1:30pm-2:30pm Revolving Doors <u>Referral only</u> 4:00pm -5:00pm 	
22	23	24	25	26	27	28
	Relapse Prevention 12:00 – 1:00pm	Lunch Group 12:00pm -1:00pm HSP Support Group 1:30pm-3:00 Yin Yoga Stretch 3:00pm-4:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm		Yin Yoga Stretch 1:30pm-2:30pm  Revolving Doors <u>Referral only</u> 4:00pm -5:00pm	
29	30	31				
	Relapse Prevention 12:00 – 1:00pm	Wellness Center Closed in honor to Cesar Chavez!				

Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1740

## 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!!

**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!!

### **Revolving Doors: Referral Only Group**

Revolving doors is a support group for men who are on probation, parole, or who have served time in an institution (state or county) and are struggling to adapt to the way community expects them to function.

In this group you will be encouraged to express yourself, your ideals and beliefs. You will also have an opportunity to receive an objective view from a person who has been through the system and has made the necessary changes to break the cycle of incarceration. You will also learn about available resources. (Employment, Mental Health, Medical etc.) Please call 760-924-1740 or ask your probation officer for a referral.

**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>

**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.

### **Small Steps Big Difference:**

This is a free of charge group for people to provide emotional and moral support with others who have common experiences and concerns.

**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.

**No Clubhouse until summer**  
**For questions please call the front office**  
**760-924-1740**