

SIERRA WELLNESS CENTER

MARCH 2016

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK		Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
6	7	8	9	10	11	12
	No Revolving Doors today 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Mini –Me Bonding 4:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm	No Yin Yoga Stretch today HSP Support group 2:30pm-4:00pm	
13	14	15	16	17	18	19
 DAYLIGHT SAVINGS TIME	Revolving Doors 8:30am-9:30am Relapse Prevention 12:00 – 1:00pm Club House Live 3:00pm-5:00pm	Yin Yoga Stretch 1:30pm-2:30pm Hispanic Women's Support Group 4:00-5:00pm Overeaters Anonymous 5:30pm-6:30pm	Mini –Me Bonding 4:00pm-5:00pm Small Steps Big Difference 5:15pm-6:30pm	Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:00pm-5:00pm 	Yin Yoga Stretch 1:30pm-2:30pm HSP Support group 2:30pm-4:00pm	
20	21	22	23	24	25	26
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27	28	29	30	31		
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Our address is 52 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

Hispanic Women's Support Group: This group is in Spanish only. This support group focuses on Women's issues while honoring their cultural roots and heritage. Este grupo de apoyo se enfoca en temas de mujeres tomando en consideración sus raíces y herencias culturales.

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://hsperson.com/test/highly-sensitive-test/>

Mini-Me Bonding is a free program that offers activities for toddler/preschool age children and their parent/guardians. This class benefits the community by:

- **Promoting a healthy development in children**
- **Modeling positive interactions between parents and children**
- **Providing a safe place where parents can find support**
- **Creating a fun, caring, and safe environment for children and parents**

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.

Narcotics Anonymous: Open group discussion.

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. For questions please contact Sofia Flores at

760-924-1740