

SIERRA WELLNESS CENTER JANUARY 2017

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	 Wellness center closed		<u>Craft Social</u> 1:30pm-3:00pm <u>Club House Live</u> 3:00pm-6:00pm <u>Small Steps Big Difference (MCBH office)</u> 5:15pm-6:30pm	<u>Narcotics Anonymous</u> 12:00pm-1:00pm <u>Club House Live</u> 3:00pm-6:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>HSP Support group</u> 2:30-3:30pm <u>Club House Live</u> 3:00pm-6:00pm	
	8	9	10	11	12	13
	<u>Revolving Doors</u> 8:30am-9:30am <u>Club House Live</u> 3:00pm-6:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:00pm-6:00pm <u>Overeaters Anonymous</u> 6:00pm-7:00pm	<u>Craft Social</u> 1:30pm-3:00pm <u>Club House Live</u> 3:00pm-6:00pm <u>Small Steps Big Difference (MCBH office)</u> 5:15pm-6:30pm	<u>Narcotics Anonymous</u> 12:00pm-1:00pm <u>Club House Live</u> 3:00pm-6:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>HSP Support group</u> 2:30-3:30pm <u>Club House Live</u> 3:00pm-6:00pm	
15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31				
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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

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!!

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. New time and days!!!

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

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.
- New Meeting place

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.

Craft Social: Come and learn how to make simple crafts while we socialize and have fun.