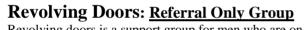
Sierra Wellness Center		January 2018				Join us for fun and free activities!				
SUN	MON	TUES		WED		THUR	FRI		SAT	
	1		2		3	4		5		
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Wellness center closed for Holiday	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:30pm-5:30pm		<u>Club House Live</u> 3:30pm-5:30pm <u>Small Steps Big</u> <u>Difference (</u> MCBH office) 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:30pm-5:30pm Circulo de Mujeres 5:30pm-7:00pm Espacio Creativo 5:30pm-7:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:00pm-5:00pm			
7	8		9		10	11		12		
	<u>Club House Live</u> 3:30pm-5:30pm	Yin Yoga Stretch 1:30pm-2:30pm <u>Club House Live</u> 3:30pm-5:30pm <u>Circulo de Hombres</u> 6:30 pm		Club House Live 3:30pm-5:30pm Small Steps Big Difference (MCBH office) 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm Club House Live 3:30pm-5:30pm Circulo de Mujeres 5:30pm-7:00pm Espacio Creativo 5:30pm-7:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:00pm-5:00pm			
14	15	1	16		17	18		19		
	Center Closed	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:30pm-5:30pm <u>Closed Group</u> 6:30 pm		<u>Club House Live</u> 3:30pm-5:30pm <u>Small Steps Big</u> <u>Difference (MCBH</u> office) 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm <u>Club House Live</u> 3:30pm-5:30pm <u>Circulo de Mujeres</u> 5:30pm-7:00pm <u>Espacio Creativo</u> 5:30pm-7:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:00pm-5:00pm			
21	22	2	23		24	25		26		
	<u>Club House Live</u> 3:30pm-5:30pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:30pm-5:30pm		<u>Club House Live</u> 3:30pm-5:30pm <u>Small Steps Big</u> <u>Difference (</u> MCBH office) 5:15pm-6:30pm		Narcotics Anonymous 12:00pm-1:00pm <u>Club House Live</u> 3:30pm-5:30pm <u>Circulo de Mujeres</u> 5:30pm-7:00pm <u>Espacio Creativo</u> 5:30pm-7:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Club House Live</u> 3:00pm-5:00pm			
28	29		30	31						
	<u>Club House Live</u> 3:30pm-5:30pm	Yin Yoga Stretch 1:30pm-2:30pm Club House Live 3:30pm-5:30pm		<u>Club House Live</u> 3:30pm-5:30pm <u>Small Steps Big</u> <u>Difference (MCBH</u> office) 5:15pm-6:30pm					A service o Mono Count Behavioral Health and Proposition	

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

http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers https://www.facebook.com/Mono-County-Behavioral-Health-246837372097549/ https://www.facebook.com/saludmentalmonocounty/

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.



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.

Narcotics Anonymous: Open group discussion.

• 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. Circulo de Hombres is a group of Men who gather to discuss the issues that Men face in their roles as fathers, in relationships, and as community members. Circulo is a sacred and culturally relevant healing process derived from traditional Latino and Native American cultures. This group comes together to practice the values of an Honorable man and to promote the use of healing practices that already exist within our own culture. This group is open to all men. This is not a religious group. This group meets once a month. Refer to calendar for date and time.

CIRCULO DE MUJERES: Un lugar de sanación, convivencia, amistad, apoyo, aprendizaje, superacion personal, auto

Espacio Creativo: Un espacio seguro para los niños donde podran aprender por medio del juego y la interacción social. Este grupo es solamente para los hijos/as de las participantes del Círculo de Mujeres.

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. For questions, please contact Sofia Flores at 760-924-1740