

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
2	3	4	5	6	7	8
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK		Club House Live 3:30-5:30  <b>NO YOGA</b>	Club House Live 3:30-5:30  Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Club House Live 4:00-5:30  Circulo de Mujeres 5:30pm-7:00pm  Espacio Creativo 5:30pm-7:00pm	Yin Yoga Stretch 1:30pm-2:30pm	
9	10	11	12	13	14	15
		Club House Live 3:30-5:30  Yin Yoga Stretch 1:30pm-2:30pm	Club House Live 3:30-5:30  Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Club House Live 4:00-5:30  Circulo de Mujeres 5:30pm-7:00pm  Espacio Creativo 5:30pm-7:00pm	Yin Yoga Stretch 1:30pm-2:30pm	
16	17	18	19	20	21	22
		Club House Live 3:30-5:30  Yin Yoga Stretch 1:30pm-2:30pm  DIY- Heating Pad 5:30-7:30	Club House Live 3:30-5:30  Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Club House Live 4:00-5:30  Circulo de Mujeres 5:30pm-7:00pm  Espacio Creativo 5:30pm-7:00pm	Yin Yoga Stretch 1:30pm-2:30pm	
23	24	25	26	27	28	29
	OFFICE CLOSED	OFFICE CLOSED	Club House Live 3:30-5:30  Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Club House Live 4:00-5:30  Circulo de Mujeres 5:30pm-7:00pm  Espacio Creativo 5:30pm-7:00pm	Yin Yoga Stretch 1:30pm-2:30pm	
30	31	1	2	3	4	5
	OFFICE CLOSED 	OFFICE CLOSED	Club House Live 3:30-5:30  Small Steps Big Difference (MCBH office) 5:15pm-6:30pm	Club House Live 4:00-5:30  Circulo de Mujeres 5:30pm-7:00pm  Espacio Creativo 5:30pm-7:00pm	Yin Yoga Stretch 1:30pm-2:30pm	A service of Mono County Behavioral Health and Proposition 63

**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**

<https://www.facebook.com/monocountybehavioralhealth/>  
<http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers>  
<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: 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.

Do It Yourself- Do It Yourself is an adult group that allows individuals to create fun projects while having positive interactions with others. All materials included

**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.

**CÍRCULO DE MUJERES:** Un lugar de sanación, convivencia, amistad, apoyo, aprendizaje, superacion personal, auto conocimiento y regocijo. Aprenderemos sobre el manejo del estres y tecnicas para el diario vivir. Este grupo es completamente en español.

**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** is a free summer program for Middle School & High School students that gives Mammoth youth a safe place to hang out, explore the outdoors, and socialize. Youth will meet at the center before all activities. Please refer to the CHL calendar. For questions, please contact Sofia Flores or Andres Villalpando at

**760-924-1740**