

## The Wellness and Advocacy Center

3400 Chanate Rd., Santa Rosa, CA 95404 Telephone (707) 565-7800 FAX (707) 565-7838  
 Open Monday, Tuesday, Thursday & Friday – 10a.m.-2p.m. and Wednesday – 11a.m.-3p.m.



### August, 2010 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<b>10-2</b> Open Art Studio <b>10-2</b> Computer Lab <b>11-2</b> Cooking Class <b>11-12</b> Telling Our Stories <b>11:15-12</b> Community Meeting <b>12:30-1:30</b> Peer Self Advocacy Group <b>1-2</b> Clean-up & Close	<b>10-2</b> Open Art Studio <b>10-2</b> Computer Lab <b>11-12</b> Support Group for Improving Social Skills <b>12-1</b> Raise Your Self Esteem <b>1-2</b> Clean-up & Close	<b>11-3</b> Open Art Studio <b>11-12</b> Craft Projects <b>9:30-10</b> Creative Linx Planning Group <b>11-2</b> Cooking Class <b>11-3</b> Computer Lab <b>11:15-12</b> Community Meeting <b>12-1</b> Music Jam <b>12:30-1:30</b> Spanish Support Group <b>1:15-2:15</b> Quarter Life Support Group <b>2-3</b> Clean-up & Close	<b>10-2</b> Open Art Studio <b>10-2</b> Computer Lab <b>10:30-11</b> Walk Group <b>10:30-12</b> Peer Self Advocacy Group <b>11-2</b> Stress Reduction for Individuals <b>12-2</b> Movies That Matter <b>1-2</b> Newsletter Planning Group** <b>1-2</b> Clean-up & Close	<b>10-2</b> Open Art Studio <b>10-2</b> Computer Lab <b>9:30-11</b> Job Search Workshop <b>10:30-12</b> Watercolor Class <b>10:30-11</b> The Gardening Group <b>10:45-12</b> Mind-Body Stress Management Class <b>11-2</b> Cooking Class <b>11:15-12</b> Community Meeting <b>12:15-2</b> Knitting, Crocheting, Sewing, Quilting & Mending <b>1-2</b> Clean-up & Close  * <b>OPEN MIC</b> – Third Friday each month from 12:15-2

### \*NOTES\*

- **Newsletter Planning Group** – Every other Thursday from 1-2. The deadline for articles is Tuesday, August 10<sup>th</sup>.
- **New Group: Raise Your Self Esteem!** – In this group you will learn where self esteem comes from, develop your inner voice and learn steps to better self esteem. Join us and start feeling better today!
- **New Group: Telling Our Stories** – Share your successes and struggles, what’s working for you in your recovery and what your dreams are.
- **New Group: Walking with Jeff** – Every Thursday from 10:30-11. Take a walk down the street and around the neighborhood with Jeff.
- **New Group: Watercolor Class** – Every Friday from 10:30-12. Come join Jeff in watercolor art in the beautiful, peaceful and serene setting outside in front of our Center.