

**GROUPS AT THE
WELLNESS AND ADVOCACY CENTER**

Music Jam

Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

Open Art Studio

In the Art Room, you are welcome to work the way you feel comfortable. We will help you work your way through the materials with different media: pencil, charcoal, ink & wash, oil pastel and others, do flower painting in water color and acrylics, sketching, and more. You are the artist. Come and play!!

Cooking Class

This is a class where a meal will be served on Monday's, Wednesday's and Friday's by our staff and volunteers.

Spanish Support Group

A safe and friendly support group for Spanish speakers. We offer education and information on mental health issues, establishing relationships in a bi-cultural setting.

The Gardening Group

Come be a part of something big! We've built a greenhouse, are continuing with the new plot, and are working on our compost bin. You don't need to be a gardener. Come and share your veggie and flower wish list.

Movies That Matter

We play a new movie about every week on Tuesday's and Thursday's.

Peer Self Advocacy Group

DRC (Disability Rights California) program is dedicated to providing self-advocacy services to diverse groups of people with psychiatric disabilities helping them identify and address their needs to effectively resolve their issues and access services. In this way, the PSA program seeks to help them face the immense obstacles in exercising their rights to achieve and maintain a sense of well-being.

Knitting, Crocheting, Sewing, Quilting & Mending Class

If you are interested in learning how to sew, knit, crochet or just mend clothing, then come and join Maria on Friday!!

Computer Lab

Self-Help computer programs, 1:1 computer help, job search assistance, and resume' and cover letter workshops.

Job Search Workshop

Interested in searching for a job on the internet? Plus other topics. Come join us in the Computer Lab on Friday's.

Intro To Computers

This class is designed for the user with little or no computer experience. You will explore computer basics in a hands-on environment with topics including basic terminology, mouse and keyboard skills.

Quarter Life Support Group

If you're wondering why these haven't been "the best years of your life" come to the new transitional age support group for adults ages 18-25. Learn real life skills they didn't teach you in school!

Stress Reduction/Individual Hypnotherapy Appointments w/Barbara

Reduce stress, learn relaxation techniques, and change a habit or behavior.

Creative Linx Planning Group

This group published The Wellness Center's "Creative Linx Literary Journal", and are now working on marketing it. Join us if you'd like.

Social Skills Support Group

A group to discuss ways to improve and enhance your social interactions.

Mind-Body Stress Management

Learn yoga, breathing, and other techniques to manage stress. No experience necessary.

Raise Your Self Esteem!

Your self-esteem is something more fundamental than "ups and downs", associated with situational changes. Building self-esteem and self-confidence is the key to happiness and success.

Telling Our Stories

An opportunity to share life experiences, recovery epiphanies, struggles and successes.

Newsletter Planning Group

Come help with writing, organizing or just brainstorming what you would like to see in a Wellness and Advocacy Center Newsletter.

Walking with Jeff

Come and join Jeff in a walk down the street and around the neighborhood.

Watercolor Class

Come and join Jeff in watercolor art outside in front of our beautiful, peaceful and serene setting of our Center.