



2245 Challenger Way, Ste. 104, Santa Rosa CA 95407 (707) 565-7800 www.wellnessandadvocacy.org
 Open 9am-4pm Mon-Fri, except Wednesday 9am-2pm

Group Schedule for September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9am~4pm	Open 9am~4pm	Open 9am~2pm	Open 9am~4pm	Open 9am~4pm
9:15-9:45 Nature TV	9:15-9:45 Retro TV	9:15-9:45 Nature TV	9:15-9:45 Retro TV	9:15-9:45 Nature TV
9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support	9:45-10:15 AM Support
10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting	10:15-10:45 Member Meeting
10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk	10:45-11:10 Stretch/Walk
11:15-12:10 Walking through Depression	11:15-12:10 Coping with Loneliness	10:45-11:10 Beginning Spanish	10:45-11:10 Hobby Group	11:15-12:10 Peer Support
12:15-1:10 Ted Talk Group	11:15-12:10 Young at Heart	11:15-12:10 Building Self-Esteem	11:15-12:10 Empowering Ourselves	11:15-12:10 Friendship Group
1:15-2:10 Anxiety Support	12:15-1:10 Self-Advocacy	11:15-12:10 Healing Through Writing	12:15-1:10 Career Development	12:15-2:10 Open Mic
1:15-2:10 LGBTQ Support	1:15-2:10 Speakers Group	12:15-1:45 Music Jam	1:15-2:10 Visions & Voices	2:15-3:10 Quarter Life +
2:15-3:10 SMART Recovery	2:15-3:10 I Am More Than...		2:15-3:10 SMART Recovery	2:15-3:10 Games & More
2:15-3:10 Games & More	2:15-3:15 Life Skills		2:15-3:45 Art Group	

Notes

Closed on Monday, September 2nd for Labor Day.

New Times! Coping with Loneliness, Building Self Esteem, Peer Support,

and **Art Wisdom – Tie-Dye with Bill** on 3rd and 4th Wednesdays of the month at 11:15.

Group Descriptions can be found at: <http://www.wellnessandadvocacy.org/files/GroupDescriptions2018.pdf>

Events

9/10/19, Tuesday, **Partnership Health Plan Presentation**, 12:15-1:10pm

9/13/19, Friday Forum, **Every Woman Counts**, by Peggy Bartley, 12:15pm-1:45pm

9/23/19, Monday, **Cracking Up - Stand Up for Mental Health Documentary**, 11:45am-1:15pm



The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire in contract with Sonoma County Department of Health Services Behavioral Health Division