



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

## Group Schedule for April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9am~4pm	Open 9am~4pm	Open 9am~2pm	Open 9am~4pm	Open 9am~4pm
9:15-10:15 <b>Nature TV Hour</b>	9:15-10:15 <b>Retro TV Hour</b>	9:15-10:15 <b>Nature TV Hour</b>	9:15-10:15 <b>Retro TV Hour</b>	9:15-10:15 <b>Nature TV Hour</b>
10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>
10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>
11:15-12:10 <b>Walking through Depression</b>	11:15-12:10 <b>Peer Support</b>	10:45-11:10 <b>Bright Side</b>	10:45-11:10 <b>Hobby Group</b>	10:45-11:10 <b>Good News Group</b>
12:15-1:10 <b>Ted Talk Group</b>	11:15-12:10 <b>Games &amp; More</b>	11:15-12:10 <b>Healing Through Writing</b>	11:15-12:10 <b>Empowering Ourselves</b>	11:15-12:10 <b>Friendship Group</b>
12:15-1:10 <b>SMART Recovery</b>	12:15-1:10 <b>Self-Advocacy</b>	11:15-12:10 <b>Apoyo Mutuo</b>	12:15-1:10 <b>Career Development</b>	12:15-2:10 <b>Open Mic</b>
1:15-2:10 <b>Anxiety Support</b>	1:15-3:10 <b>Art Wisdom</b>	12:15-1:45 <b>Music Jam</b>	1:15-2:10 <b>Visions &amp; Voices</b>	2:15-3:10 <b>Quarter Life + Support Group</b>
1:15-2:10 <b>Computer Basics</b>	1:15-2:10 <b>Speakers Group</b>		2:15-3:10 <b>SMART Recovery</b>	2:15-3:10 <b>Young at Heart</b>
2:15-3:10 <b>Games &amp; More</b>	2:15-3:10 <b>I Am More Than...</b>		2:15-3:45 <b>Art Group</b>	

### Notes

**New Group! Self-Advocacy** is starting on Tuesdays at 12:15pm-1:10pm.

**New Times! Anxiety Support** and **Computer Basics** on Mondays at 1:15-2:10pm,

**Art Wisdom** on Tuesdays at 1:15-3:10pm, **Apoyo Mutuo** on Wednesdays at 11:15-12:10pm,

**Quarter Life +** and **Young at Heart** on Fridays at 2:15-3:10pm.

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

### Events

4/9/19, **HICAP** presentation, 10:00am-11:30am @ the Wellness Center

4/12/19, Friday Forum, **NAMI**, 12:15pm-1:45pm @ the Wellness Center

4/24/19, **Volunteer Recognition Luncheon**, 11:30am-1:45pm @ the Wellness Center



The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire with funding from Sonoma County Department of Health Services Behavioral Health Division - Mental Health Services Act

