



2245 Challenger Way, Ste. 104, Santa Rosa CA 95407 (707)565-7800 www.wellnessandadvocacy.org
 Open 9am-4pm Mon-Fri, except Wednesday 9am-3pm

Group Schedule for February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9am~4pm	Open 9am~4pm	Open 9am~3pm	Open 9am~4pm	Open 9am~4pm
9:15-10:15 Retro TV Hour	9:15-10:15 Retro TV Hour	9:15-10:15 Retro TV Hour	9:15-10:15 Retro TV Hour	9:15-10:15 Retro TV Hour
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
10:45-11:15 Stretch/Walk	10:45-11:15 Stretch/Walk	10:45-11:15 Stretch/Walk	10:45-11:15 Stretch/Walk	10:45-11:15 Stretch/Walk
11:15-12:15 Walking through Depression	11:15-12:15 Peer Support	10:45-11:15 Bright Side	10:45-11:15 Hobby Group	10:45-11:15 Good News Group
12:15-1:15 Ted Talk Group	11:15-12:15 Art Wisdom	11:15-12:15 Healing Through Writing	11:15-12:15 Empowering Ourselves	11:15-12:15 Friendship Group
12:15-1:15 SMART Recovery	12:15-1:15 Computer Basics	12:15-1:30 Music Jam	12:15-1:15 Career Development	12:15-2:00 Open Mic
1:15-2:15 Coping with Chronic Pain	12:15-1:15 Anxiety Support	1:30-2:30 Quarter Life + Support Group	1:15-2:15 Visions & Voices	2:15-3:15 Apoyo Mutuo
1:15-2:15 Creative Movement	1:15-2:15 Speakers Group	1:30-2:30 Young at Heart	2:15-3:15 Art Group	2:15-3:15 Feeling Free
2:15-3:15 Games & More	2:15-3:15 I Am More Than...		2:15-3:15 SMART Recovery	

Notes

There is **NO SHUTTLE** on Friday, February 8th. We are **OPEN** Tuesday **February 12th** but **NO SHUTTLE**. We are **CLOSED President's Day**, Monday, February 18th.

New Groups! **Art Wisdom** on Tuesdays at 11:15, **Bright Side** on Wednesdays at 10:45,

Hobby Group on Thursdays at 10:45, and **Friendship Group** returns on Fridays at 11:15.

New Times! **SMART Recovery** on Mondays at 12:15 and **Feeling Free** on Fridays at 2:15.

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

Events

2/8, Friday Forum, **Community Baptist Church**, 12:15pm – 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

