



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 January 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
10:15-11:15 SMART Recovery	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 Peer Support	10:45-11:15 End of Year Blues	11:15-12:15 Empowering Ourselves	10:45-11:15 Good News Group
11:15-12:15 Walking through Depression	12:15-1:15 Computer Basics	11:15-12:15 Healing Through Writing	12:15-1:15 Peers Supporting Loved Ones	11:15-12:15 Feeling Free
12:15-1:15 Ted Talk Group	12:15-1:15 Anxiety Support	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	1:15-2:15 Speakers Group	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	2:15-3:15 I Am More Than...	1:30-2:30 Young at Heart	1:15-2:15 Visions & Voices	
2:15-3:15 Games & More			2:15-3:15 Art Group	
			2:15-3:15 SMART Recovery	

Notes

We are **CLOSED New Year's Day**, Tuesday, Jan. 1st & **CLOSED Martin Luther King, Jr. Day**, Monday 21st.

The **Art Store is OPEN** every day when the center is open.

New Group! Anxiety Support Group on Tuesdays at 12:15.

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

Events

1/11, Friday Forum, **Speaker's Panel**, 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

