



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 May 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>	11:15-12:10 <b>Tools 4 Recovery</b>	10:45-11:10 <b>Hobby Group</b>	11:15-12:10 <b>LGBTQ Support</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>
1:15-2:10 <b>Anxiety Support</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>Computer Basics</b>	1:15-2:10 <b>Speakers Group</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>
2:15-3:10 <b>SMART Recovery</b>	2:15-3:10 <b>I Am More Than...</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>	2:15-3:45 <b>Art Wisdom</b>		2:15-3:45 <b>Art Group</b>	

### Notes

**New Groups! Tools 4 Recovery** is starting on Wednesdays at 11:15am-12:10pm and

**LGBTQ Support** is starting on Fridays at 11:15am-12:10pm.

**New Times! Smart Recovery** on Mondays at 2:15-3:10pm and **Art Wisdom** on Tuesdays at 2:15-3:45pm.

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

### Events

5/2/19, **May Mental Health Kick-Off Event**, 2:30pm-4:30pm @ the Wellness Center

5/10/19, Friday Forum, **Verity**, 12:15pm-1:45pm @ the Wellness Center

5/14/19, Special Presentation, **Patient's Rights Advocates**, 12:15pm-1:15pm @ 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

