



Manteca Wellness Center

A PLACE TO DISCOVER, RECOVER & GROW!

ACTIVITY CALENDAR



	10A-10:50A	11:00A-11:50A	12P-12:50P	1P-2:00P
MONDAY	PEER SUPPORT	BUILDING HEALTHY RELATIONSHIPS	PERSONAL GROWTH	HEALTH AND WELLNESS
TUESDAY	MENS GROUP VIA ZOOM W/ TWC	8 DIMENSIONS OF WELLNESS	LEARNING YOUR ILLNESS	PLAYING FOR RECOVERY
WEDNESDAY	WOMEN'S GROUP VIA ZOOM W/ TWC	STOP THE MADNESS VIA ZOOM W/ TWC	ART'S & CRAFTS	GOAL SETTING VIA ZOOM W/ TWC
THURSDAY	PEER SUPPORT	DUAL DISCOVERY VIA ZOOM W/ TWC	OVERCOMING VICES	SOCIALIZATION
FRIDAY	PEER SUPPORT	POWER 'N SUPPORT	RIDING THE STORMS	SELF ESTEEM

**Monday-Friday 9:00am – 2:00pm
one on ones done by appointment.
VIA ZOOM AND IN PERSON, CONTACT US**

(209) 707-3767

mwcinfo@twcsj.org

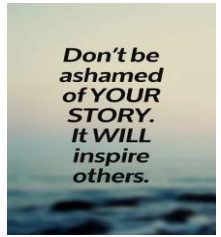
Now providing groups and classes at the Tracy Clinic





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ACTIVITY CALENDAR

DUAL DISCOVERY

If you struggle with an addiction and a mental illness – this is the group for you! Learn to deal effectively with current and or past addiction(s) and Mental health issues.

HEALTH AND WELLNESS

Come and improve your everyday living with mind, body, and soul awareness; Learn skills to maintain your physical, emotional and mental health, allowing you to stay well in all these areas.

ART'S AND CRAFT'S

In arts and crafts members enjoy creating a variety of projects such as drawing, painting, collages, making seasonal themes, etc. All materials are provided. During this time, we encourage conversation among participants as we create together.

MEN'S GROUP

Calling all Men!!! This group is a place where men can openly share with each other; Learn honesty, humility, tolerance, compassion, and patience with EVERYONE!

PEER SUPPORT

Ever said, "I've been there?" If so, come share your experiences and help someone else. An opportunity to learn and share group wisdom for recovery from mental illnesses; New coping skills are shared each week.

SOCIALIZATION

Come join peers spending time socializing with each other having meaningful conversation about life in general and or doing an activity such as watching a movie, playing a game, art, or listening to music.

SELF ESTEEM

How do you feel about yourself? Do you believe in yourself? Do you have hope? Do you give yourself a "Pat on the back" for a job/task well done? Join us as we take a "look in the mirror" and examine our own self-esteem, learn new strategies to give yourself a boost, hold your head high, and be proud of yourself. Building your self esteem can bring more joy, happiness, hope, and pleasure into your life and achieve bigger accomplishments.

BUILDING HEALTHY RELATIONSHIPS

Relationships are a necessary component of living one's best life. They are needed to create deep bonds, for companionship, and to provide the emotional support needed to thrive post-rehab. Relationships are effective in helping people in recovery, stay healthy and increase their wellbeing.

GOAL SETTING

Recovery goals are objectives that a person sets that are related directly to their recovery (Mental health-based goals), and they may have been put on pause due to their mental health condition (work, family, physical health, social life etc.) Recovery is not one size fits all. In this class we'll discover our deeper wishes for ourselves, begin to break down obstacles in the way of our plans, and understand that setbacks don't have to stop us from working towards our hopes for ourselves.

STOP THE MADNESS

Are you angry at everyone and everything all the time? Do you feel like there's a volcano inside you waiting to erupt? Learn healthy ways to deal with your anger.

WOMEN'S GROUP

Calling all Women!!! Come share your life challenges and journeys with other women who can relate to you; Learn to build and rebuild healthy relationships and establish healthy boundaries with your loved ones and acquaintances.

RIDING THE STORMS

As a support group that focuses on when life has its tricks and turns. Riding the storm is to help individuals reach their personal goals, such as living independently, going to school, getting a job, having friends, and enjoying life in the community, and advancing in their recovery. Each group is individualized and self-directed activities and curricula are created by the facilitators and group members. While some groups direct conversations on specific recovery-based discussions, others focus on physical wellness and its connection to mental wellness, building socialization skills, and the exploration of varying coping methods ranging from arts and music to writing and much, much more.

8 DIMENSIONS OF WELLNESS

How you are doing in each dimension of your life determines your wellness! The eight dimensions of wellness in recovery are emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual; combine these dimensions and create your balance in recovery.

PERSONAL GROWTH

The process of an individual becoming aware of self in its entirety is followed by taking steps to address the behavior, attitudes, values, actions, and habits that they wish to change.

LEARNING YOUR ILLNESS

Learn more about mental illness. This class discusses mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, addiction, and others. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences even people with the same diagnosis.

MEMBER SERVICES INCLUDE:

- Community Resources
- Computer Lab
- Fax Services
- Telephone use

POWER 'N SUPPORT TEAM MEETING

Meets every Friday 11:00 am – 12:00 pm in person or via zoom at The Wellness Center of San Joaquin 1109 N. California St. Stockton

