

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 VIA ZOOM W/ TWC	ARTS & CRAFTS	PERSONAL GROWTH	HEALTH AND WELLNESS
TUESDAY	MENS GROUP VIA ZOOM W/ TWC	PLAYING FOR RECOVERY	GOAL SETTING	VIDEO/ DISCUSSION
WEDNESDAY	WOMENS GROUP VIA ZOOM W/ TWC	SOCIALIZATION	STOP THE MADNESS	SELF ESTEEM
THURSDAY	PEER SUPPORT VIA ZOOM W/ TWC	DUAL DISCOVERY VIA ZOOM W/ TWC	OVERCOMING VICES	SOCIALIZATION
FRIDAY	STAND & ACHIEVE W/ TWC	POWER 'N SUPPORT	MOVIE HOUR	No 1:00 Group on Fridays

(209) 707-3767

mwcinfo@twcsj.org



Monday-Friday 9:00am – 2:00pm

one on ones by appointment

8:30am and 2pm by appointment

VIA ZOOM AND IN PERSON, CONTACT US FOR INFORMATION

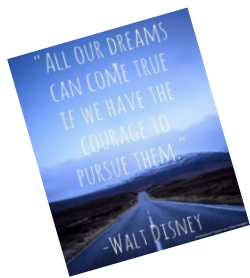


San Joaquin County BHS Consumer Support Warm-Line 24/7 – 209/468-3585

San Joaquin County Mental Health Crisis Line – 209/468-8686

609 W. Center Street • Manteca, CA 95337 • Website:www.twcsj.org • Telephone 209/707-3767





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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 & 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 of these areas.

ARTS & CRAFTS

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, 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 done well? 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.

STOP THE MADNESS!!!

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

WOMEN'S GROUP

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.

Power 'n Support Team Meeting

Every Friday
11:00 am – 12:00 pm VIA Zoom or
in person at
The Wellness Center of San Joaquin County
1109 N. California St. Stockton

MEMBER SERVICES INCLUDE:

- Community Resources
- Computer Lab
- Fax Service
- Telephone Use

ONE-ON-ONE APPOINTMENTS:

Peer Recovery Coaches are available for
One-on-one appointments:
Monday - Thursday: 2:30 pm – 3:00, and Fridays 1:30pm – 2:00

You may need peer support, work on a computer project together and/or work on a particular aspect of your wellness and recovery. We are here to listen and offer peer support! We do not offer counseling or give advice. This is not a clinical counseling session. Call or See a Peer Recovery Coach to schedule your appointment.

