

# The Wellness Centers of San Joaquin County

## Stockton Wellness Center Daily Activity Calendar

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10AM-11AM	Peer Support	Men's Group	Women's Group	Peer Support	Stand And Achieve
11AM-12PM	Keeping it Real	Community Connections	Stop The Madness	Dual Discovery	Power 'N Support
1PM-2PM	Independent Living Skills	Wellbeing Video	Building Healthy Relationships	Learning Your Illness	Peer Support
2PM-2:45PM	Playing For Recovery	Playing For Recovery	Playing For Recovery	Playing For Recovery	Playing For Recovery

For Zoom information, please contact us:  
(209) 451-3977  
[info@twcsj.org](mailto:info@twcsj.org)

Monday-Friday 9am-3pm  
3pm-4pm by appointment only

### One-On-One's:

Peer Recovery Coaches are available for one-on-one when needed. You may need peer support; we are here to listen and offer support!

*A Place Where You Can....  
Discover, Recover, & Grow*

# The Wellness Centers of San Joaquin County

## Stockton Wellness Center Daily Activity Calendar

### Building Healthy Relationships

Important components of living one's best life are building healthy relationships with your family, care team, physicians, therapist and most importantly with yourself. This is needed to create communication, bonds, trust, and to provide the emotional support needed to thrive in a healthy way. Learning new ways and tools for building healthy relationships are effective in helping one's personal life.

### Independent Living Skills

Recovery is not one size fits all. In this class learn how to start breaking down obstacles in the way of your plans and understand setbacks don't have to stop you from working toward your hope and goals. Want to be more independent? Learn tools about budgeting, cooking, and other skills to live independently. We are here to support you towards your own resiliency and vision you see for yourself.

### 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!

### Stop The Madness

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

### Community Connections

Want to stay connected with other community resources? Community Connections support others by finding the updated current events and resources/services in your community.

### Keeping It Real

Think outside the box!!! Let's create ways to express ourselves and promote wellness together. Being real with self can improve your mental wellbeing and lead to a journey of trusting, loving, understanding your AUTHENTIC SELF!!

### Power 'N Support Team

Our mission is to empower, educate, and inform those facing challenges of mental health. You are not alone and that through unity, advocacy, and leadership, you can bring awareness to the community in a positive way.

### Women's Group

Come share your life challenges and journeys with other women who can relate to you; Learn to build and rebuild healthy boundaries with yourself, loved ones and others. You are BEAUTIFUL just the way you are!!!

### Dual Discovery

If you Struggle with an addiction and a mental health condition then this is the group for you! Learn how to cope effectively with current and/or past addictions and mental health challenges.

### Learning Your Illness

This class discusses mental health conditions, addictions and more. 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.

### Stand & Achieve

Want to learn how to get what you need by advocating for yourself? Then you'll love this class! You'll learn how to be assertive; How to ask for what you want in a way that allow others to hear you; The importance of timing, when to ask, and when to wait for a better time.