



<b>Groups</b>	<b>The Woods Center for Wellbeing   Monday – Friday 9:30-4:30</b>
<b>Self-Reflection</b>   Wellbeing Center	Self-guided time
<b>Open Studio</b>   Art Studio	Self-guided time to work on creative projects.
<b>Emotional Wellbeing</b>   Group Room B	Learn how to appropriately express feelings, cope with stress, and enjoy life.
<b>Pet and Sketch</b>   Wellbeing Center	WCW teams up with RocDog to bring therapy dogs for a restorative, creative experience.
<b>Next Steps</b>   Group Room A	Steps to support recovery goals.
<b>Social Wellbeing</b>   Group Room C	Learn about creating and maintaining healthy relationships with friends, family, and the community.
<b>Wrap Planning</b>   Group Room A	Learn about this wellness tool that anyone can use to get well, stay well, and gain more control over our lives.
<b>1:1 Peer support *</b>   Group Room B	Please register ahead of time.
<b>Community Circle</b>   Group Room C	A guided discussion on weekly topics based on mental and physical wellbeing.
<b>Beginning Guitar</b>   Wellbeing Center	This workshop is for those who are new to guitar. We have guitars, sheet music, and two facilitators to help everyone get started. If you have a guitar, feel free to bring it.
<b>Men’s Mutual Support Group</b>   Group Room C	A supportive space where men and gender-expansive folks come together to support each other.
<b>Women’s Mutual Support Group</b>   Group Room C	An intimate space where women and gender-expansive folks come together to support each other.
<b>Physical Wellbeing</b>   Group Room A	Learn to listen and take care of our bodies.
<b>Mutual Support Group</b>   Group Room C	A safe place for individuals to share thoughts and feelings in a judgment-free environment.
<b>Self-Esteem Building</b>   Group Room A	Join others to learn skills to increase self-esteem
<b>Financial Wellbeing</b>   Group Room A	Learn budgeting and money management skills and get connected to resources.
<b>Art Journaling</b>   Art Studio	A meditative space to create works of art based on optional fun prompts.
<b>Environmental Wellbeing</b>   Group Room A	Learn ways to be and feel safe in our environment and get connected to resources.
<b>Educational/ Vocational Wellbeing</b>   Group Room A	Learn how to set and achieve educational and vocational goals.
<b>LGBTQIA+ Mutual Support Group</b>   Group Room C	A safe space for members of the LGBTQIA+ community, including those who are questioning. Provides affirming community support for peers of all genders.
<b>Spiritual Wellbeing</b>   Group Room A	Learn about our values, finding meaning, purpose, and a sense of peace.
<b>Gentle Stretching</b>   Group Room C	Stretching as a gentle exercise for your mental and physical health. Equipment provided.
<b>Meditative Mandalas</b>   Art Studio	Slow down your thoughts as we use mandalas as a tool for mindfulness and meditation.
<b>Groups</b>	<b>Self-Help Drop-in Support Service Monday – Friday 1-9 and Saturday-Sunday 11-7</b>
<b>Community Connections</b>   Wellbeing Center	An opportunity to learn about different community organizations and programs.
<b>Open Discussion</b>   Wellbeing Center	Discuss current events, changes, feelings, What’s on your mind?
<b>1:1 Peer Support</b>   Group Room A and B	Safe space to speak with a peer one on one in a judgement free setting.
<b>Crisis Skill Building</b>   Group Room A	Developing skills and strategies to help in times of crisis.
<b>Movie Time</b>   Group Room C	Join us @ the Cinema: Movie Night!!
<b>Anger Management</b>   Group Room C	Learn the skills necessary to manage your anger.
<b>Hoarders and Clutters Support Group</b>   Group Room B	Virtual or In-Person meet with others to discuss hoarding and clutter management skills.
<b>Wellness Self-Management</b>   Group Room C	Learn how to discover your path to recovery.
<b>Member Choice 8 dimensions of wellness</b>   Wellbeing Center	Learn and build the skills to help you have a balanced quality of life.

April 8<sup>th</sup> All programing is closed due to the Solar Eclipse.

April 24<sup>th</sup> All programing will be paused from 3-5 pm and resume at 5pm.