



May	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection		
11-12	Emotional Wellbeing Pet And Sketch	Physical Wellbeing Mutual Support Group	Beginning Guitar (11-1) 1:1 Peer Support*	Educational/Vocational Wellbeing 1:1 Peer Support*	Spiritual Wellbeing Gentle Stretching 1:1 Peer Support*		
11-4	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio		
12-1	Next Steps	Emotional Wellbeing	Emotional Wellbeing Women's Mutual Support Group	LGBTQIA+ Mutual Support Group	Emotional Wellbeing Meditative Mandalas	Emotional Wellbeing	Physical Wellbeing
1-2	Social Wellbeing	Community Circle	Self-Esteem Building	Financial Wellbeing Art Journaling	Environmental Wellbeing Mutual Support Group	Self-Management	Trauma And Resilience
2-3	1:1 Peer Support*	Self-Reflection 1:1 Peer Support*	Self-Reflection 1:1 Peer Support*	Self-Reflection	WRAP Planning 1:1 Peer Support*	Crisis Skill Building: Vision Boards	Crisis Skill Building: Self-care
3-4	Emotional Regulation Skills	Community Connection (3-4:30)	Emotional Regulation Skills	Community Connection (3-4:30)	Movie (3-4:30)	1:1 Peer Support Social Time	1:1PeerSupport Social Time
4:30-5	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection	Journaling	WRAP
5-6	Crisis Skill Building: Stress Management	Self-Advocacy & Empowerment	Crisis Skill Building: Fun Facts	WRAP Planning Hoarders Mutual Support Group (5:30-7)	Crisis Survival Skill Building	Wrap Up: Open Discussion	Wrap Up: Open Discussion
6-7	Open Discussion 1:1 Peer Support	Open Discussion 1:1 Peer support	Open Discussion 1:1 Peer Support	Open Discussion 1:1 Peer Support	Open Discussion 1:1 Peer Support		
7-8	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group	Wrap Up Group		

Groups	The Woods Center for Wellbeing Monday – Friday 9:30-4:30
Self-Reflection Wellbeing Center	Self-guided time.
Open Studio Art Studio	Self-guided time to work on creative projects.

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

May 24th MHA Closes at 3pm

May 27th MHA closed for Holiday.

May 29th MHA open house