



November							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10-11	Self-Reflection: independently guided	Self-Reflection: independently guided Mutual Support Group (10:30-12)	Self-Reflection: independently guided	Self-Reflection: independently guided	Self-Reflection: independently guided		
11-12	Roc Dog: Therapy Dogs	Physical Wellbeing Except 11/26	Beginning Guitar (11-1)	Physical Wellbeing Basic Boundaries	Gentle Stretching Except 11/1		
11-4	Open Studio	Open Studio	Open Studio	Open Studio	Open Studio		
12-1	Body Positivity	Self-Reflection: independently guided	Living With Anxiety Mutual Support Group	LGBTQIA+ Mutual Support Group	Meditative Mandalas	Emotional Wellbeing	Physical Wellbeing
1-2	Self-Esteem Building	Recovery Planning Except 11/26	Self-Esteem Building	Recovery Planning Art Journaling	Mutual Support Group (1-2:30)	Self-Management	Trauma And Resilience
2-3	Self-Reflection: independently guided	Finding A Sense Of Belonging Except 11/26	Self-Reflection: independently guided	Finding A Sense Of Belonging	Self-Reflection: independently guided	Crisis Skill Building: Vision Boards	Crisis Skill Building: Self-Care
3-4	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection	Self-Reflection	1:1 Peer Support Social Time	1:1 Peer Support Social Time
4-5	Emotional Regulation Skills	Self-Advocacy & Empowerment	Emotional Regulation Skills	Community Connection	Movie	Movie (4-5)	Recovery Planning
5-6	Crisis Skill Building: Stress Management	Community Connections	Crisis Skill Building: Fun Facts	Recovery Planning Hoarders Mutual Support Group 5:30-7	Anger Management Maintenance	Wrap Up: Open Discussion	Wrap Up: Open Discussion
6-7	Anger Management: Group 1	1:1 Peer Support	Anger Management: Group 2	1:1 Peer Support	1:1 Peer Support		
7-8	Open Discussion	Open Discussion	Open Discussion	Open Discussion	Wrap Up Group		

November 14th MHA will close at 3pm. MHA will reopen at 4pm for Self-Help Drop-In Support.

November 20th MHA will close at 3pm. MHA will reopen at 5pm for Self-Help Drop-In Support.

November 27 MHA will close at 3pm.

November 28th and 29th MHA will be closed.

Groups	The Woods Center for Wellbeing Monday – Friday 9:30-4:30
Self-Reflection: independently guided Wellbeing Center	Self-guided time to reflect and plan for the day ahead.
Open Studio Art Studio	Self-guided time to work on creative projects.
Roc Dog: Therapy Dogs Wellbeing Center	WCW teams up with RocDog to bring therapy dogs for a restorative experience.
Recovery 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.
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.
Living With Anxiety Mutual Support Group Group Room C	A support group to share skills and encouragement with one another
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
Art Journaling Art Studio	A meditative space to create works of art based on optional fun prompts.
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.
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.
Finding a Sense of Belonging Group Room A	Join others to learn how to be involved in the community and build a support system.
Basic Boundaries Group Room C	Do you struggle with saying no? Need help with advocacy? Join us to learn how to set and maintain boundaries.
Body Positivity Group Room C	Join us to explore our relationships with our bodies and challenge how we see ourselves through discussion and art.
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.
Anger Management Group Room A	Individuals looking to manage anger issues? Duration 8 weeks. Please sign up online before joining.
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. Goal setting 1 a month
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.
Self-Advocacy & Empowerment Wellbeing Center	Learn and build the skills to help you have a balanced quality of life and advocate for your needs.