



December							
	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	Beginning Guitar (11-1)	Physical Wellbeing Basic Boundaries	Gentle Stretching		
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	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	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		

**December 11<sup>th</sup> MHA will close at 2pm. MHA will reopen at 4:30pm for Self-Help Drop-In Support**

**December 19<sup>th</sup> Open Studio will close at 2:45pm**

**December 24<sup>th</sup> and December 31<sup>st</sup> MHA will close at 3pm**

**December 25<sup>th</sup> and January 1<sup>st</sup> MHA will be closed.**

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