

| SUN | MON | TUES | WED | THUR | FRI | SAT |
|---|--|---|---|--|--|---|
| | 5 | 6 | 7 | 8 | 9 | 10 |
| | <u>Mindfulness Group 4-5 pm</u> <u>Closed group 5-7</u> | <u>Club House Live refer to CHL calendar</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u> | <u>Club House Live refer to CHL calendar</u> <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u> | <u>Club House Live refer to CHL calendar</u> | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Closed group 3-5</u> |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| DESCRIPTION OF EACH ACTIVITY IS ON THE BACK | <u>Mindfulness Group 4-5 pm</u> <u>Closed group 5-7</u> | <u>Club House Live refer to CHL calendar end of the summer event</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u> | <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u> | | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Closed group 3-5</u> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | <u>Mindfulness Group 4-5 pm</u> <u>Closed group 5-7</u> | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Do it Yourself group 5:30-7:00 pm</u> | DIY adult wellness group 5:30-7:30 Tie Dye Everything | | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Closed group 3-5</u> | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | <u>Mindfulness Group 4-5 pm</u> <u>Closed group 5-7</u> | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> | <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u> | | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Closed group 3-5</u> CHL at Benton Social talk with Sofia | |
| 1 | 2 | 3 | 4 | | | |
| | <u>Mindfulness Group 4-5 pm</u> <u>Closed group 5-7</u> | <u>Yin Yoga Stretch 1:30pm-2:30pm</u> | <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u> | |  | A service of Mono County Behavioral Health and Proposition 63 |

Our address is 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1740

DESCRIPTION OF WELLNESS CENTER ACTIVITIES

<https://www.facebook.com/monocountybehavioralhealth/>
<http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers>
<https://www.facebook.com/saludmentalmonocounty/>

Yin Yoga: Yin is a passive style of yoga where stretches are held for longer periods in comfortable positions (2-5 minutes). No standing poses or flowing combinations! The purpose is to improve mobility in the hips and spine and gain access to deeper connective tissue (fascia). Focus is on the breath and the practice encourages relaxation, stress release and a sense of surrender in both body and mind.

CÍRCULO DE MUJERES: Un lugar de sanación, convivencia, amistad, apoyo, aprendizaje, superación personal, auto conocimiento y regocijo. Aprenderemos sobre el manejo del estrés y técnicas para el diario vivir. Este grupo es completamente en español.

Do It Yourself- Do It Yourself is an adult group that allows individuals to create fun projects while having positive interactions with others. All materials included

Artists' Corner- referral only Being a professional (or aspiring professional) artist comes with its own unique struggles and joys. Be prepared to make meaningful connections, share your experiences and maybe even swap advice with others in our local area who create all types of art.

Espacio Creativo: Un espacio seguro para los niños donde podrán aprender por medio del juego y la interacción social. Este grupo es solamente para los hijos/as de las participantes del Círculo de Mujeres.

Small Steps Big Difference:

This is a free of charge group for people to provide emotional and moral support with others who have common experiences and concerns.

Stress Management Group: daily grind got you down? Need a second opinion about that argument you had with your significant other over the weekend? Would it help to have someone you could set positive intentions with for the rest of the week? Or do you just need some space away from the family to recover from your busy Monday? Join us and learn some techniques you can apply to a variety of situations.

Club House Live is a free after school program for Middle School & High School students that gives Mammoth youth a safe place to hang out, do homework, and socialize. Youth will meet at the center before all activities. For questions, please contact Sofia Flores or Andres Villalpando

Mindfulness Group: this is a free group about Mindfulness. We will explore the basics of Mindfulness, learn simple techniques to decrease your stress while increasing your confidence, and have open discussions on when mindfulness is best utilized.