

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
	<u>Artists' Corner- referral only group 5-7 pm</u>	<u>Club House Live 3:30-5:30</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u>	<u>NO CHL</u> <u>Circulo de Mujeres 5:30pm-7:00pm</u> <u>Espacio Creativo 5:30pm-7:00pm</u>	<u>Yin Yoga Stretch 1:30pm-2:30pm</u>	
7	8	9	10	11	12	13
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK		<u>Club House Live 3:30-5:30</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Circulo de Mujeres 5:30pm-7:00pm</u> <u>Espacio Creativo 5:30pm-7:00pm</u>	<u>Yin Yoga Stretch 1:30pm-2:30pm</u>	
14	15	16	17	18	19	20
	<u>Artists' Corner- referral only group 5-7 pm</u> <u>Stress management group 3:30-5pm</u>	<u>Club House Live 3:30-5:30</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Circulo de Mujeres 5:30pm-7:00pm</u> <u>Espacio Creativo 5:30pm-7:00pm</u>	<u>Yin Yoga Stretch 1:30pm-2:30pm</u>	
21	22	23	24	25	26	27
	<u>Stress management group 3:30-5pm</u>	<u>Club House Live 3:30-5:30</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</u> <u>Mindfulness Group (MCBH office) 3:30-4:30 pm</u> <u>DIY: HERB GARDEN 5:30-7:30 pm</u>	<u>Club House Live 3:30-5:30</u> <u>Small Steps Big Difference (MCBH office) 5:15pm-6:30pm</u>	<u>Club House Live 3:30-5:30</u> <u>Circulo de Mujeres 5:30pm-7:00pm</u> <u>Espacio Creativo 5:30pm-7:00pm</u>	<u>Yin Yoga Stretch 1:30pm-2:30pm</u>	
28	29	30				
	<u>Stress management group 3:30-5pm</u>	<u>Club House Live 3:30-5:30</u> <u>Mindfulness Group (MCBH office) 3:30-4:30 pm</u> <u>Yin Yoga Stretch 1:30pm-2:30pm</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.

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

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 some one 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.

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

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 podran aprender por medio del juego y la interacción social. Este grupo es solamente para los hijos/as de las participantes del Círculo de Mujeres.

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 4 week 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.