

December - February



Diciembre - Febrero

2025-2026 Winter Wellness Calendar

Calendario de Bienestar de Invierno 2025-2026

Mammoth Lakes

Yin & Yoga

Tuesdays & Thursdays

1:30 p.m. - 2:45 p.m.

Sierra Wellness Center

181 Sierra Manor Road #4

Yin yoga, a passive practice, focuses on opening the hip joints and spine for increased range and more effective movement.

Drop-In Case Management

Wednesdays & Fridays

Wed: 1:00pm - 3:00pm @ The Innsbruck, 913 Forest Trail

Friday: 3:00pm - 5:00pm @ The Sawyer Office, 62 Inyo St.

Mono County Behavioral Health is offering drop-in hours with our dedicated case managers. Get support with resources, goal setting, or navigating services—no appointment necessary. Visit us during open hours and take the next step toward wellness.

Clubhouse Live

Fridays

3:30 pm - 5:00 pm

Sierra Wellness Center, 181 Sierra Manor Road #4

Free drop-in afterschool program for middle and high school aged students to hang out, eat some snacks, work on homework, and play games.

Community Game Night

Thursdays

5:30pm - 7:30pm

The Sawyer Community Room, 62 Inyo Street

Come together for an evening of laughter, connection, and play. Bring your friends, family, and neighbors—all are welcome! Enjoy games for every age and snacks and pizza, completely free.

Hope & Donuts

Mondays

9:00am - 10:00am

The Sawyer Community Room, 62 Inyo Street

Change takes time, and everyone's journey is unique.

Wherever you are, we're here for you. Join peers focused on reducing harm, improving wellness, and living with purpose—mind, body, and spirit.

Beginning 11-24-25

No Group on Holidays



Mono County Behavioral Health
(760) 924-1740

www.mono.ca.gov/wellness

Mammoth Lakes

Yin y Yoga

Martes y Jueves

1:30 p.m. - 2:45 p.m.

Centro de Bienestar Sierra

181 Sierra Manor Road #4

El yin yoga, una práctica pasiva, se enfoca en abrir las articulaciones de la cadera y la columna vertebral para lograr un mayor rango y un movimiento más efectivo.

Apoyo con Manejo de Casos-Sin Cita Previa

Miercoles y Viernes

Miercoles: 1:00pm- 3:00pm en el Innsbruck, 913 Forest Trail.

Viernes: 3:00pm - 5:00pm en la Oficina El Sawyer, 62 Inyo St.

El Departamento de Salud Mental del Condado de Mono ofrece horas de atención sin cita previa con nuestros administradores de casos. Reciba apoyo con recursos, establecimiento de metas personales o navegación de servicios—no necesita cita.

Visítenos durante el horario disponible y dé el próximo paso hacia su bienestar.

Casa Club en Vivo

Viernes

3:30 p.m. - 5:00 p.m.

Centro de Bienestar Sierra, 181 Sierra Manor Road #4

Programa extraescolar gratuito para estudiantes de secundaria y preparatoria para pasar el rato, comer bocadillos, trabajar en la tarea y jugar.

Noche de Juegos Comunitarios

Jueves

5:30pm - 7:30pm

Salón Comunitario El Sawyer, 62 Inyo Street

Ven a disfrutar de una noche de risas, conexión y diversión. ¡Trae a tus amigos, familiares y vecinos— todos son bienvenidos! Habrá juegos para todas las edades, una deliciosa cena, botanas y pizza, ¡completamente gratis!

Esperanza y Donas

Lunes

9:00am - 10:00am

Salón Comunitario El Sawyer, 62 Inyo Street

El cambio toma tiempo y cada camino es único.

Estés donde estés, estamos aquí para ti. Únete a otras personas enfocadas en reducir daños, mejorar su bienestar y vivir con propósito—mente, cuerpo y espíritu.

Comenzando el 24 de Noviembre del 2025

No Habrá Grupo en Días Festivos

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Lee Vining

Senior Breakfast Social

1st Wednesday of the Month

9:00am - 10:30am

Lee Vining Community Center
296 Mattly Ave.

Join us on our free community wellness program for senior citizens, where you can enjoy a delicious meal and engage in a fun, interactive activity designed to boost both physical and mental well-being.

Dates: 01/07/26, 02/04/26, 03/04/26, 04/01/26, 05/06/26, 06/03/26, 07/01/26, 08/05/26, 09/02/26, 10/07/26, 11/04/26, 12/02/26

Lee Vining

Evento Social Para Personas Mayores

Primer Miércoles de Cada Mes

9:00am - 10:30am

Centro Comunitario De Lee Vining
296 Mattly Ave.

¡Únase a nuestro programa de bienestar comunitario gratuito para personas mayores, donde podrá disfrutar de una deliciosa comida y participar en una actividad divertida e interactiva diseñada para aumentar el bienestar físico y mental!

Fechas: 01/07/26, 02/04/26, 03/04/26, 04/01/26, 05/06/26, 06/03/26, 07/01/26, 08/05/26, 09/02/26, 10/07/26, 11/04/26, 12/02/26

Bridgeport

Bridgeport Social

2nd Friday of the Month

5:00 pm - 7:00 pm

Alternating Locations

Memorial Hall (73 North School Street):
&

Bridgeport Indian Colony Administration Building
355 Sagebrush Dr

Our last scheduled day for now: 12/12/25

Resuming: TBD

Bridgeport

Bridgeport Social

2º Viernes de Cada Mes

5:00-7:00 PM

Ubicaciones Alternas

Memorial Hall (73 North School Street):
Y

Colonia India de Bridgeport
Edificio. 355 Sagebrush Dr

Nuestro último día programado por ahora: 12/12/25

Reanudación: Por definir (TBD)



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Walker

**Walker Walkers
(Weather Dependent)**

Thursdays
10:00am - 11:00am
Walker Park, 399 Mule Deer Road
Join Kama for a walk and talk about anything on your mind.

**Kids Art Program
Fridays**

1:30pm - 2:30pm
Walker Wellness Center
107655 Highway 395, Walker, CA
Join Kama for some fun arts and crafts for all ages.

Walker Social

Last Thursday of the Month
4:00pm - 6:00pm
Walker Wellness Center
107655 Highway 395, Walker, CA
Community potluck
01/29/26, 02/26/26, 03/26/26, 04/30/26, 05/28/26,
06/25/26, 07/30/26, 08/27/26, 09/24/26, 10/29/26,
11/19/26, 12/17/26

**Walker Community Garden
Resuming March 2026**

Benton

Benton Social

Last Thursday of the Month
5:30 pm - 7:00 pm
Community potluck, games, activities, information
and connection.

Alternating Locations

Benton Community Center- 58869 HWY 120
02/26/26, 04/30/26, 06/25/2, 08/27/26, 10/29/26

Benton Tribe Community Center- 567 Yellow Jacket
Road
01/29/26, 03/26/26, 05/28/26, 07/30/26, 09/24/26,
11/19/26

Walker

**Walker Caminantes
(Dependiente del Clima)**

Jueves
10:00am - 11:00 am
Parque Walker, 399 Mule Deer Road
Únete a Kama para dar un paseo y hablar sobre
cualquier cosa que tengas en mente.
no

**Programa de Arte Para Niños
Viernes**

1:30pm - 2:30pm
Centro de Bienestar Walker
107655 Carretera 395, Walker, CA
Únase a Kama para disfrutar de divertidas artes y
manualidades para todas las edades.

Social Walker

Último Jueves Del Mes
4:00pm - 6:00pm
Centro de Bienestar Walker
107655 Carretera 395, Walker, CA
Comida comunitaria
01/29/26, 02/26/26, 03/26/26, 04/30/26, 05/28/26,
06/25/26, 07/30/26, 08/27/26, 09/24/26, 10/29/26,
11/19/26, 12/17/26

**Huerto Comunitario Walker
Reanudando en Marzo del 2026**

Benton

Bridgeport Social

Último Jueves del Mes
5:30-7:00 p. m.
Comida comunitaria, juegos, actividades,
información y conexión.

Ubicaciones Alternas

Centro Comunitario de Benton
58869 Hwy 120
02/26/26, 04/30/26, 06/25/2, 08/27/26, 10/29/26

Centro Comunitario de la Tribu Benton- 567 Yellow
Jacket Road
01/29/26, 03/26/26, 05/28/26, 07/30/26, 09/24/26,
11/19/26



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