

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
						Drop-In/Brunch 9:30 a.m.-12:30 p.m.
2	3	4	5	6	7	8
		<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <u>4-H Meeting</u> Call Taija for time	<u>Mindfulness Group</u> 1:00 p.m.-1:30 p.m. <u>Family Arts & Crafts</u> 2:30 -4:30 p.m.	<u>Mommy & Me Yoga</u> 9:30-10:00 a.m. <u>Peapod Playgroup</u> 10:00-11:00 a.m. <u>Lunch</u> 11:00 a.m.-12:00 p.m.	Drop-In/Brunch 9:30 a.m.-12:30 p.m.
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
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23	24	25	26	27	28	29
A service of Mono County Behavioral Health and Proposition 63		<u>Closed Groups</u> 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	<u>Clinician</u> 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. <u>4-H Meeting</u> Call Taija for time	<u>Mindfulness Group</u> 1:00 p.m.-1:30 p.m. <u>Family Arts & Crafts</u> 2:30 -4:30 p.m.	<u>Mommy & Me Yoga</u> 9:30-10:00 a.m. <u>Peapod Playgroup</u> 10:00-11:00 a.m. <u>Lunch</u> 11:00 a.m.-12:00 p.m. <u>Walker Social</u> 5:00-7:00 p.m.	Drop-In/Brunch 9:30 a.m.-12:30 p.m.

Walker Wellness Center Address: 107655 Hwy 395 | Phone: (530) 495-2363

Mammoth Main Office Phone: (760) 924-1740

Description of Wellness Center Activities

Find us online: monocounty.ca.gov/behavioral-health/page/wellness-centers

Find us on Social Media: facebook.com/Mono-County-Behavioral-Health-246837372097549/

Walker Socials:

Join us for our monthly community dinner and social event. This is a fun, free event for all ages!

Mindfulness Group

Learn and practice the art of meditation and peaceful awareness. Some groups will be held at the center and others at beautiful natural spots.

Drop-In/ Brunch

Come by and engage in any activity you choose: games, arts and crafts, or just good conversation. We will provide homemade goodies.

4-H Meetings

Meeting of local 4-H group. Call Taija at (760) 648 3173 for times.

Family Arts & Crafts from Pinterest

Drop by bring your kids or just hang out and have some coffee/juice and homemade pasties. All ages!

Clinician Wednesdays:

To make an appointment with our clinician, please call the main Mammoth office at 760-924-1740.

Mommy & Me Yoga

A fun way to learn and share Yoga Nidra (deep relaxation) and fun with children and families. We have mats!

Peapod Playgroup

Join the Walker/Coleville Peapod Playgroup hosted by First 5! Connect with parents and children in your area. All Mono County expecting parents and families with children birth to five are invited to participate!