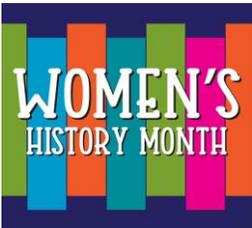


SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	<u>AA 7:00-8:00 am</u>	<u>Life Skills Group- 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>ClubHouse Live 3:30-5:00 pm</u>	<u>Small Steps Big Difference 1:30-2:30</u> <u>ClubHouse Live 3:30-5:00 pm</u>	<u>ClubHouse Live 3:30-5:00 pm</u>	<u>Relapse Prevention 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Wellness center Drop-in 4:30 pm-6:00 pm</u>	
8	9	10	11	12	13	14
	<u>AA 7:00-8:00 am</u>	<u>Life Skills Group- 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>ClubHouse Live 3:30-5:00 pm</u>	<u>Small Steps Big Difference 1:30-2:30</u> <u>ClubHouse Live 3:30-5:00 pm</u>	<u>ClubHouse Live 3:30-5:00 pm</u>	<u>Relapse Prevention 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Wellness center Drop-in 4:30 pm-6:00 pm</u>	
15	16	17	18	19	20	21
New Wellness Center Address! 181 sierra manor road #4	<u>AA 7:00-8:00 am</u>	<u>Life Skills Group- 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>ClubHouse Live 3:30-5:00 pm</u>	<u>Small Steps Big Difference 1:30-2:30</u> <u>ClubHouse Live 3:30-5:00 pm</u>	<u>ClubHouse Live 3:30-5:00 pm</u>	<u>Relapse Prevention 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Wellness center Drop-in 4:30 pm-6:00 pm</u>	
22	23	24	25	26	27	28
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	<u>AA 7:00-8:00 am</u>	<u>Life Skills Group- 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>ClubHouse Live 3:30-5:00 pm</u>	<u>Small Steps Big Difference 1:30-2:30</u> <u>ClubHouse Live 3:30-5:00 pm</u> <u>ADULT DIY CANDLES- 5:30-7:00</u>	<u>ClubHouse Live 3:30-5:00 pm</u>	<u>Relapse Prevention 12-1</u> <u>Yin Yoga Stretch</u> 1:30pm-2:30pm	A service of Mono County Behavioral Health and Proposition 63
29	30	31				
	<u>AA 7:00-8:00 am</u>	<u>OFFICE CLOSED</u> 				

Our address is 181 Sierra Manor Road #4. 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/>

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.

Drop-in Group: this time is an open space for anyone to stop by for a cup of water, tea, or coffee and talk with a facilitator. Find assistance on different topics and information on resources. Take time to relax!!!

Relapse Prevention: a group where participants can discuss skills and techniques that will maintain their progress towards recovery. A safe place to find support

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

Noche de Arte:

• ¡Un evento para toda la familia!
• Habrá materiales y aperitivos

Life Skills Group:

an adult group to discuss techniques and skills to help with our daily life challenges

Board M33ting: do you enjoy free food and watching the latest snowboarding and skiing clips? This event is open for all

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

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.

How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff