


# SIERRA WELLNESS CENTER APRIL 2017

Join us for FREE & FUN activities!

SUN	MON	TUES	WED	THUR	FRI	SAT
						1
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK					Please note Self-compassion support group will meet on the third floor	
2	3	4	5	6	7	8
	<u>Revolving Doors</u> 8:30am-9:30am  <u>Club House Live</u> 3:00pm-6:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm  <u>Club House Live</u> 3:00pm-6:00pm  <u>Overeaters Anonymous</u> 5:30pm-6:30pm	<u>Club House Live</u> 3:00pm-6:00pm  <u>Small Steps Big Difference</u> (MCBH office) 5:15pm-6:30pm	<u>Narcotics Anonymous</u> 12:00pm-1:00pm  <u>Club House Live</u> 3:00pm-6:00pm	<u>Yin Yoga Stretch</u> 1:30pm-2:30pm <u>Self-compassion Support group</u> 3:00pm-4:00pm <u>Club House Live</u> 3:00pm-5:00pm <u>Circulo de Mujeres</u> 5:30pm-7:00pm	
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
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**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**

<http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers>  
<https://www.facebook.com/Mono-County-Behavioral-Health-246837372097549/>  
<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. PLEASE NOTE THE TIME CHANGE!!

**Self-Compassion Support Group for men and women:**

Are you hard on yourself? Do you have low self-esteem? Do you often feel vulnerable or ashamed? Do you have difficulty forgiving yourself and others? Do you have a hard time setting boundaries? Learn how to nurture yourself with the support of like-minded people. This is an open group and everyone is welcomed.

**Revolving Doors: Referral Only Group**

Revolving doors is a support group for men who are on probation, parole, or who have served time in an institution (state or county) and are struggling to adapt to the way community expects them to function.

In this group you will be encouraged to express yourself, your ideals and beliefs. You will also have an opportunity to receive an objective view from a person who has been through the system and has made the necessary changes to break the cycle of incarceration. You will also learn about available resources. (Employment, Mental Health, Medical etc.) Please call 760-924-1740 or ask your probation officer for a referral.

**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.

**Overeaters Anonymous Preamble:** Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees; OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. Contacts: Tessa 760-934-6588 or Leah 760-914-0847

**RELAPSE PREVENTION GROUP:** This group is designed to deliver information, support and camaraderie. We have many goals for the Relapse Prevention Group. Some of our goals include; Allow interaction with other people in recovery, receive relapse prevention material and group cohesion.

**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. No habrá cuidado de niños y no es apropiado que los traigan al grupo ya que se tocarán temas fuertes y necesitamos que las participantes estén relajadas.

Narcotics Anonymous: Open group discussion.

**Club House Live M.S. & Club House Live H.S.** 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. Activities will be developed together, such as dances, movie nights and community events. For questions please contact Sofia Flores at  
**760-924-1740**