## **Club House Live**

## 3:30-5:30 T-W-Th

Club House Live is a free after school program for Middle School & High School students that gives Mono County youth a safe place to socialize, do homework, and improve leadership skills. Permission forms are available at Mono County Behavioral Health. Please refer to the CHL calendar. For questions, please contact Sofia Flores or Andres Villalpando at 760-924-1740 <a href="http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers">http://www.monocounty.ca.gov/behavioral-health/page/wellness-centers</a>



@clubhouselivemc



@clubhouselive\_monocounty

Sierra Wellness Center, 452 Old Mammoth Rd Suite 211, Mammoth Lakes A service of Mono County Behavioral Health and Proposition 63

## 3:30-4:30 Activity 4:30-5:30 Free time (games, homework help, resumes, chill time) Snacks provided September 2018

| Sunday | Monday | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|--------|--|---|---|--|----------|
|        |        |  |   |   |  | 1        |
| 2      | 3      | 4  | 5   | 6   | 7  | 8        |
| 9      | 10     | 11   | 12  | 13  | 14   | 15       |
|        |        | Get to know<br>Sofia   | Get to know<br>Dre  | CHL starts at<br>4:15 this day!<br>Resume<br>building.<br>Never too<br>early to start |  |          |
| 16     | 17     | 18<br>How to use<br>painting as<br>self-care.<br>Psst it's<br>Sofia's bday | 19<br>NO CHL<br>Andres is<br>unavailable,<br>but he still<br>cares! | 20<br>NO CHL<br>Sofia is in a<br>training, but<br>she still cares!                    | 21<br>Benton<br>Social<br>Event is from<br>3:30-9:00 | 22       |
| 23     | 24     | 25   | 26  | 27  | 28   | 29       |
| 30     |        | Wood<br>burning art.<br>Wow what is<br>that?                               | NO CHL<br>Staff training<br>so we can be<br>cooler                  | NO CHL<br>Staff training<br>so we can be<br>cooler                                    |  |          |

## October 2018

| Sunday | Monday | Tuesday        | Wednesday                  | Thursday        | Friday       | Saturday |
|--------|--------|----------------|----------------------------|-----------------|--------------|----------|
|        | 1      | 2              | 3                          | 4               | 5            | 6        |
|        |        | The art of     | Logo                       | Karaoke         |              |          |
|        |        | words.         | competition.               | competition.    |              |          |
|        |        | Poems,         | New logo who               | It's not about  |              |          |
|        |        | spoken         | dis?                       | the singing,    |              |          |
|        |        | word, rap,     |                            | it's about the  |              |          |
|        |        | love notes.    |                            | attitude        |              |          |
|        |        | we will cover  |                            |                 |              |          |
|        |        | the basics     |                            |                 |              |          |
| 7      | 8      | 9              | 10                         | 11              | 12           | 13       |
|        |        | What is up     | Airbrush                   | Just Dance      |              |          |
|        |        | with all the   | painting.                  | competition.    |              |          |
|        |        | feels?         | Show us your               | Mammoth's       |              |          |
|        |        | Self-care to   | skills or learn            | best dance      |              |          |
|        |        | handle life    | how to use                 | crew edition    |              |          |
|        |        | stressors. For | the machine.               |                 |              |          |
|        |        | yourself, for  |                            |                 |              |          |
|        |        | friends        |                            |                 |              |          |
| 14     | 15     | 16             | 17                         | 18              | 19           | 20       |
|        |        | Being in       | The art of                 | Wood burning    |              |          |
|        |        | control.       | Pinstriping.               | art.            |              |          |
|        |        | Goal setting,  | Cool style of              | Why does        |              |          |
|        |        | stress, time   | art used on                | Sofia like this |              |          |
|        |        | management     | cars and other<br>vehicles | so much?        |              |          |
| 21     | 22     | 23             | 24                         | 25              | 26           | 27       |
|        |        | The art of     | Karaoke                    | Project         | Benton       |          |
|        |        | words.         | competition.               | runway          | Social event |          |
|        |        | Moving on to   | lt's not about             | costumes        | from 3:30-   |          |
|        |        | the next       | the singing,               | edition.        | 9:00         |          |
|        |        | level          | it's about the             |                 | Costumes     |          |
|        |        |                | attitude                   |                 | are okay     |          |
| 28     | 29     | 30             | 31                         |                 |              |          |
|        |        | MOVIE DAY      | Airbrush or                |                 |              |          |
|        |        | Relax and      | pinstriping.               |                 |              |          |
|        |        | enjoy some     | Why does Dre               |                 |              |          |
|        |        | snacks         | like this so               |                 |              |          |
|        |        |                | much?                      |                 |              |          |