

*Walker Wellness Center*

*December 2019*

*Join us for fun and free activities*

SUN	MON	TUES	Wed	THUR	FRI	SAT
1 	2	3 Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	4 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. 4-H Meeting Call Tajia for time	5 Mindfulness, Coffee, & Snacks 1:00-2:00  Family Arts & Crafts 2:30-4:30 p.m.	6 Mommy & Me Yoga 9:30-10:00 am Peapod Playgroup 10:00-11:00 a.m. Lunch: 11:00 a.m.-12:15 p.m. NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	7 <a href="#">Drop-In/Brunch</a> 9:30 a.m.-12:30 p.m.
8	9	10 Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	11 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. 4-H Meeting Call Tajia for time	12 Mindfulness, Coffee, & Snacks 1:00-2:00  Family Arts & Crafts 2:30-4:30 p.m.	13 Mommy & Me Yoga 9:30-10:00 am Peapod Playgroup 10:00-11:00 a.m. Lunch: 11:00 a.m.-12:15 p.m. NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	14 <a href="#">Drop-In/Brunch</a> 9:30 a.m.-12:30 p.m.
15	16	17 Closed Groups 8:00 a.m.-12:00 p.m. 1:00-3:00 p.m.	18 Clinician 10:00 a.m.-4:00 p.m.* *Please call 760-924-1740 for an appointment. 4-H Meeting Call Tajia for time	19 Mindfulness, Coffee, & Snacks 1:00-2:00  Family Arts & Crafts 2:30-4:30 p.m.	20 Mommy & Me Yoga 9:30-10:00 am Peapod Playgroup 10:00-11:00 a.m. Lunch: 11:00 a.m.-12:15 p.m. NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m.	21 <a href="#">Drop-In/Brunch</a> 9:30 a.m.-12:30 p.m.
22	23	24 CHRISTMAS EVE	25 MERRY CHRISTMAS	26 Mindfulness, Coffee, & Snacks 1:00-2:00  Family Arts & Crafts 2:30-4:30 p.m.	27 Mommy & Me Yoga 9:30-10:00 am Peapod Playgroup 10:00-11:00 a.m. Lunch: 11:00 a.m.-12:15 p.m. NMC Hospice Appt Hrs: 11:00 a.m.-1:00 p.m. Walker Social 5:30-7:30 p.m.	28 <a href="#">Drop-In/Brunch</a> 9:30 a.m.-12:30 p.m.
29 A service of Mono County Behavioral Health and Proposition 63	30	31 NEW YEARS EVE				

**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](http://monocounty.ca.gov/behavioral-health/page/wellness-centers)

Find us on Social Media: [facebook.com/Mono-County-Behavioral-Health-246837372097549/](https://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**

Join us and reduce your stress all ages welcome!

**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!

**Drop-In/Brunch**

Drop-in and engage in any activity you choose. Arts and Crafts, Mindfulness, or Games. We will provide the homemade snacks and coffee or tea.

**Youth 4-H Meeting**

Meeting of local 4-H group. Call Tajia 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!

**North Mono County (NMC) Hospice Appointment Hours**

This volunteer, community-based hospice provides non-medical in-home respite care, emotional support, practical assistance, and comfort to individuals, their families, and caregivers who are coping with a life-limiting illness. Please call 760-809-1489 to schedule an appointment and discuss the volunteer or client application process.