

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
		<p><u>Yin Yoga Stretch</u> 1:30pm-2:30pm (New center)</p> <p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Life Skills Group- 12-1 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Small Steps Big Difference 1:30-2:30 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p>	<p><u>Relapse Prevention 12-1 (new center)</u></p> <p><u>Yin Yoga Stretch 1:30pm-2:30pm (new center)</u></p>	
5	6	7	8	9	10	11
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK		<p><u>Yin Yoga Stretch</u> 1:30pm-2:30pm (New center)</p> <p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Life Skills Group- 12-1 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Small Steps Big Difference 1:30-2:30 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p>	<p><u>Relapse Prevention 12-1 (new center)</u></p> <p><u>Yin Yoga Stretch 1:30pm-2:30pm (new center)</u></p>	
12	13	14	15	16	17	18
New Wellness Center Address! 181 sierra manor road #4		<p><u>Yin Yoga Stretch</u> 1:30pm-2:30pm (New center)</p> <p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Life Skills Group- 12-1 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p>DIY: snow globes!(new center)</p> <p>No small steps big difference</p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p>	<p><u>Relapse Prevention 12-1 (new center)</u></p> <p><u>Yin Yoga Stretch 1:30pm-2:30pm (new center)</u></p>	
19	20	21	22	23	24	25
New Wellness Center Address! 181 sierra manor road #4	 Office Closed	<p><u>Yin Yoga Stretch</u> 1:30pm-2:30pm (New center)</p> <p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Life Skills Group- 12-1 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Small Steps Big Difference 1:30-2:30 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p>	<p><u>Relapse Prevention 12-1 (new center)</u></p> <p><u>Yin Yoga Stretch 1:30pm-2:30pm (new center)</u></p>	
26	27	28	29	30	31	
New Wellness Center Address! 181 sierra manor road #4		<p><u>Yin Yoga Stretch</u> 1:30pm-2:30pm (New center)</p> <p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Life Skills Group- 12-1 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p> <p><u>Small Steps Big Difference 1:30-2:30 (new center)</u></p>	<p><u>ClubHouse Live 3:30-5:00 pm</u></p>	<p><u>Relapse Prevention 12-1 (new center)</u></p> <p><u>Yin Yoga Stretch 1:30pm-2:30pm (new center)</u></p>	A service of Mono County Behavioral Health and Proposition 63

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/>

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.

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

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.

Yoga en Español- un espacio seguro para aprender yoga y encontrar balance en la vida.

Espacio Creativo: Un espacio seguro para los niños donde podran aprender por medio del juego y la interacción social. Este grupo es solamente para los hijos/as de las participantes del Yoga en Español

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

Mindfulness Group: this is a free group about Mindfulness. We will explore the basics of Mindfulness, learn simple techniques to decrease your stress while increasing your confidence, and have open discussions on when mindfulness is best utilized.