

Sunrise Mountain Wellness Center

July 2022

Contact the Center
1300 Hilltop Rd. Suite 200
Redding, CA 96003
 (Inside the back of the Bank of America building)
(530)-618-5630
 Monday-Friday: 8:00a-4:30p

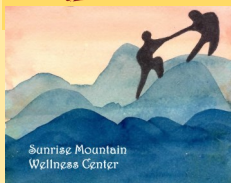
Check out our Facebook group: www.facebook.com/groups/258922969274217

MONDAY 10 AM—4 PM	TUESDAY 10 AM—4 PM	WEDNESDAY 10 AM—4 PM	THURSDAY 10 AM—4 PM	FRIDAY 10 AM—4 PM
				10a Peers Supporting Peers 11a Building the Life I Want 12p Lunch/Nutrition/Games 1p Poetry 2p Art in Our Lives 3p Anxiety & Depression 1
CLOSED  4	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 5:30p 12 Step NA 5	Staff Development & Center Planning No Groups except 2p WRAP Seminar I (2.5hr) 6	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition - Cal Fresh 1p Gaming (2hrs) 2p Extraordinary Experiences (2hrs) 7	Brandy Creek Beach Day 10 am - 4 pm No Groups All Day Lunch will be provided Sign Up by 7/5  8
10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition/Games 1p Writing Hour 2p Art in Our Lives 3p DBSA (1.5hrs) 11	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 5:30p 12 Step NA 12	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition/Games 1p Computer Lab 1p 12 Step EA 2p WRAP Seminar I (2.5hr) 13	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition/Games 1p Gaming (2hrs) 2p Extraordinary Experiences (2hrs) 14	10a Peers Supporting Peers 11a Building the Life I Want 12p Lunch/Nutrition/Games 1p Poetry 1p BOWLING 2p Art in Our Lives 3p Anxiety & Depression 15
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Peers Supporting Peers and Center Advisory Committee will be offered both in person and on Zoom 10-11 am Join these groups on Zoom <https://zoom.us/j/8209944650> — Meeting ID: 820 994 4650

REMINDER

For transportation support or information about Groups, Activities & WRAP Seminar I
 Please contact Christina Falosk @ 530-618-5630 or cfalosk@kingsview.org



Shasta County Health & Human Services Agency

Sponsored by, Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.

Group Descriptions

BLUE =Support RED = In person & zoom GREEN = 8 week seminar

12 Step Emotions Anonymous: Using the guiding principles of 12-Step programs, this group is for the purpose of working toward recovery from emotional difficulties. *(Anyone with emotional challenges is welcome.)*

12 Step Narcotics Anonymous: (NA) Using the guiding principles of 12-Step programs, this group can help you find the freedom to live your life without the use of drugs. *(Anyone with substance use challenges is welcome.)* Begins June 28th

All Recovery Meeting: Come find community, as we learn skills to support our recovery. This meeting encourages all pathways to recovery. *This group is open to all people in recovery with substance use, and allies to those in recovery.*

Anxiety & Depression: Gain skills to manage anxiety & depression while creating a community of support.

Art In Our Lives: Bring out the Artist from within! Self-expression through Art is healing. We will focus on unleashing our creativity as we explore and work with a variety of mediums in a safe space. Art is for EVERYONE and EVERYONE at ALL levels of experience and skill are welcome.

Boundaries: Personal boundaries are vital in order for us to thrive and be in healthy relationships. Boundaries are a way for us to practice self-care and self-respect. In a supportive, non-judgmental group we explore and learn new skills that can help us align our words with our actions when it comes to setting our boundaries.

Building the Life I Want to Live: The life you want doesn't just happen. Learn about how to improve your quality of life, set and reach your goals, find purpose, tackle big projects, develop strategies for success and engage support.

Center Advisory Committee Meeting: Your voice matters! Bring ideas, suggestions and solutions to improve, engage and empower our community. All are welcome to attend. Meets the 2nd and 4th Wednesdays of each month.

Computer Lab: Learn basic computer skills, create/use email, internet research and social media.

DBSA: SMWC is proud to host this meeting of the Shasta County Depression Bipolar Support Alliance (DBSA).

This organization provides hope, help, support, and education to improve the lives of people who have mood disorders.

Extraordinary Experiences: A safe space to share and explore the possible meaning of our experience with hearing voices or having unusual beliefs in a non-clinical setting. *This group is only open to those with extraordinary experiences.*

Gaming: It's **GAME TIME!** Laugh out loud & have some fun. It can be so good for us to socialize with others who are also on a journey of wellness. We will be playing a variety of games like Nintendo Switch, Scrabble, D&D, Uno, Chess, Monopoly, and so much more! If you have a game you want to play BRING IT and teach us! Don't know how to play? No worries, we'll show you the ropes.

Living with ADHD/ADD: Even with challenges in attention and focus we can THRIVE! It's true that living with ADHD/ADD can impact our mental health and wellness, so join us as we learn skills that can help us manage this challenge. No need to have an official diagnosis.

Lunch/Nutrition/Games: Eat your lunch and learn about nutrition. Cal Fresh makes a visit on the first and third Thursdays of the month with great information about how to make healthy eating one of your wellness tools. When time permits we play a game of Uno or Ransom Notes or whatever suits our mood.

Peer Supporting Peers: Start your day in a safe and non judgmental space with your peers supporting one another.

Peer Training: Learn the principles of wellness, recovery, peer support, communication, ethics and boundaries.

This group is for any member interested in a career in Peer Support or wishes to be part of the Center Support Team.

Poetry: This is an opportunity to express yourself through poetry. Explore the world of expressive writing in a safe and supportive environment. All levels of writing skill are welcome.

The Writing Hour: A time to write. Whether you want to journal, write stories, letters to friends and family or write for the SMWC newsletter, this is a great way to improve your writing skills in a supportive environment.

Wellness Tools: Explore hundreds of tools to support your wellness & recovery.

WRAP Seminar I: Wellness Recovery Action Plan. A self-directed program to learn skills to manage mental health, physical health, chronic pain, anxiety & depression, substance use and ANY area of your life you would like to work on. This is an 8 week workshop. Each week builds on the previous one. You must attend 7 of the 8 sessions in order to receive a certificate. The certificate is a requirement if you want to become a WRAP Co-Facilitator in the future.

WRAP Support: Support for working on your WRAP - No WRAP experience necessary.

Yoga: Learn simple, basic and gentle beginning yoga moves. Let your body move with the flow.