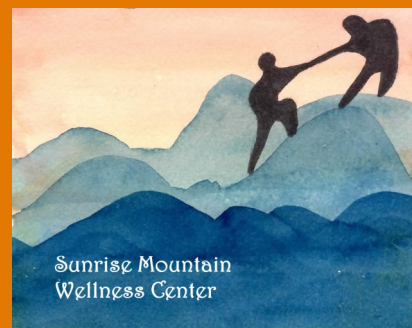


# SUNRISE MOUNTAIN WELLNESS CENTER NEWSLETTER



## Tips for Looking After Your Mental Health During Times of Political Change

Political change can be stressful, regardless of your opinions or where you stand on the political spectrum. For many people in the United States, political change (or lack of it) may lead to stress, anxiety, anger, and frustration about the current political situation and the future of the nation.

According to the American Psychological Association's 2019 Stress in America survey, 69% of adults in the United States feel that the future of the nation is a significant source of stress, and 62% feel stressed by the current political climate. While the symptoms of stress vary depending on the individual, they often include a combination of emotional and physical reactions.

*Message from the Editor: This article was written in August of 2020, yet the important message is relevant today. Regardless of your particular political views, everyone needs good mental health and times of change can be challenging to do just that.*



People manage stress in different ways—some healthy and some unhealthy. Sometimes, low to moderate levels of stress can push us toward political advocacy or encourage us to achieve our goals. High levels of stress, however, can detrimentally affect our emotional, mental, and physical health. According to the National Institute of Mental Health, chronic stress can lead to mental health problems such as emotional distress, substance abuse, and depression.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable during periods of political change, according to the United States Centers for Disease Control (CDC). Mental

*(Continued on page 2)*

illnesses, such as bipolar disorder, traumatic stress disorder, anxiety, and depression, affect an individual's thoughts, feelings, and behaviors that influence their ability to function in daily life.



## Signs and Symptoms of Mental Health Issues

The symptoms of mental health conditions vary depending on the person and specific mental health problem. However, some early warning signs include:

- ♦ Overeating or not eating enough
- ♦ Oversleeping or not sleeping enough
- ♦ Withdrawing from social activities
- ♦ Unexplained aches and pains
- ♦ Feelings of helplessness or hopelessness
- ♦ Substance abuse
- ♦ Difficulty concentrating or paying attention

- ♦ Fights with friends and family members
- ♦ Strong emotions or mood swings
- ♦ Suicidal thoughts
- ♦ Inability to function in daily life

Mental health challenges are common, especially during times of political change. However, mental healthcare is available. With proper treatment, people struggling with high stress, mental health struggles, and mental health disorders can very much improve their mental and emotional health.



## Taking Care of Your Mental Health

Mental health is vital at every stage of life—from childhood through adolescence and adulthood. Mental health encompasses our emotional health and cognitive well-being. It affects our thoughts, feelings, and behaviors, and influences our ability to relate to others and function in

everyday life.

Positive mental health allows people to build resilience, healthily manage everyday stress, maintain relationships, and work productively. On the other hand, poor mental health can lead to poor physical health, chronic stress, unhealthy coping mechanisms, and mental health issues.

Fortunately, there are numerous ways to take care of your mental health and cope with stress during political change.

### Take care of your body.

Because stress can have physical effects on your overall health, it's important to incorporate activities you enjoy into your daily routine to help you recharge, such as physical activity or spending time with family members. Make sure to prioritize healthy sleeping patterns, eating a balanced



(Continued on page 3)

diet, and avoiding unhealthy coping mechanisms, such as substance abuse.



### Unplug from social media.

If you feel overwhelmed by stress,

disconnect from social media for a few days. Political upheaval is widely shared on social media, and permitting yourself to look away allows you to destress.



### Find ways to help in your community.

Finding meaningful

ways to become involved in your community can help you address stress. Research the issues that are most important to you, and find organizations relevant to those issues. Contact local organizations to find out how you can join their efforts.

Additionally, consider taking action on a local scale, where you may be able to see the



direct impact of your efforts. Consider attending a city council meeting or a town hall meeting to share your ideas with elected officials.



### Seek commonalities with others.

We come into contact with people every day whose beliefs differ from our own. When it comes to the topic of political differences, avoid heated arguments, and try to identify commonalities within different views. In some cases, different views come from the same underlying principle.

Be open to hearing the other person's story and consider sharing your own. If you find it difficult to discuss political issues calmly and constructively, consider disengaging from the conversation.



### Stay informed, but know your limits.

With constant news stories about national events, COVID-19, and politics, it's easy to feel overwhelmed. If you're

preoccupied with the news and it's interfering with your daily life, consider cutting back on your news intake and limiting your social media use. Some people may find it helpful to schedule a block of time to catch up on the news without checking updates throughout the day.

When checking up on the latest news, make sure to use reliable resources, like the CDC, the World Health Organization (WHO), and the federal website on the coronavirus disease.



### Empower your voice.

Regardless of where you stand on political issues, you

may feel powerless if you remain distant. While you don't have to join a political party, it can help explore ways to take action in the political community.

For example, you could participate in a peaceful protest, share unbiased information on social media, or help register people to vote. Political activism can help you feel empowered and enable you to express your thoughts more constructively.

(Continued on page 4)





### Intentionally create safe spaces.

#### Political change

can be especially stressful for minority communities and people of color, and it can be helpful for POC to create safe spaces during difficult times.

Additionally, remind yourself that you don't need to educate others on POC issues if you don't want to. Teaching others is not your responsibility.

Instead, consider directing prospective allies to Google or choosing not to engage in political conversations.



### Stay connected to friends and family members.

With social distancing guidelines under COVID-19, it can be difficult to maintain social connections with friends and family members. However, reaching out to loved ones and sharing your thoughts and feelings toward the current situation can help combat stress and prevent social isolation. Try scheduling a phone call with a close friend or finding new ways to connect with loved ones, like FaceTime and Skype.



### Use grounding techniques.

Practicing mindfulness techniques such

as progressive muscle relaxation, deep breathing, and guided imagery can help combat stress and strong emotions during difficult times.



### Meet with your healthcare provider.

Because the symptoms of stress and other mental disorders can resemble health conditions, it's important to schedule regular check-ups with your healthcare provider to rule out any underlying medical conditions.



### Join a support group.

Support groups foster social

connections among people who are going through similar experiences. Support groups can be especially helpful for people struggling with substance use disorder and traumatic stress disorder and those diagnosed with mental disorders and health conditions.

If you're hesitant to join a support group due to social

distancing, check out the online resources offered by the National Alliance on Mental Illness (NAMI) and the Substance Abuse and Mental Health Services Administration (SAMHSA).

Seek professional help if you need it.

If stress or other mental health challenges interfere with your daily routine, or if you're unable to manage stress on your own, consider seeking professional help. Working with a psychologist, social worker, mental health counselor, or therapist can help you identify stressors and improve your mental health.

If you need immediate mental health support or if you're experiencing a mental health crisis, contact the National Suicide Prevention Lifeline (1-800-273-8255), the NAMI Helpline (1-800-950-NAMI), or the Crisis Text Line (text HOME to 741741).



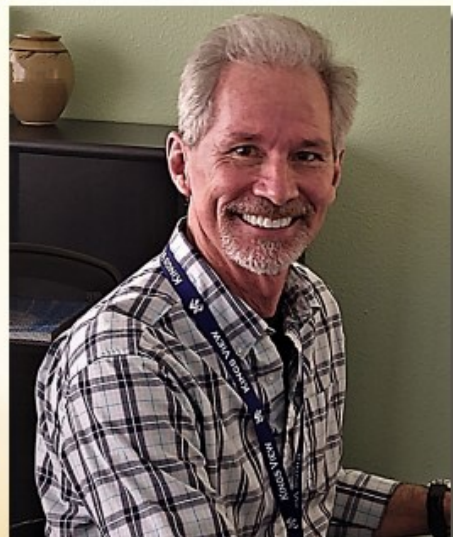
Jaclyn Lopez Witmer, Psy.D.

<https://therapygroupdc.com/therapist-dc-blog/tips-for-looking-after-your-mental-health-during-times-of-political-change/>

It is with greatest sadness that we share the passing of Reg Watson PhD, LPCC. Reg passed away on May 30, 2022. He was both the Regional Director and Clinical Manager for the Kings View Assisted Outpatient Treatment and Wellness Center programs. Reg had an amazing influence on so many different people. His faith was deep and abiding and he lived it with authenticity. He was inclusive, caring, forgiving, loyal, helpful, happy, smart, dependable, funny, and made our days better and brighter in so many ways. He will be greatly missed.

*There is a place that I long to dwell  
To rest there in with Thee  
Where Thy peace will calm the storms that rage inside of me  
Where I imagine mountain tops look down on streets of gold  
And sorrow cannot dwell in the valleys there, I am told  
Where the birds are singing praises all throughout the day  
And the lion joins the yearling to frolic, dance and play  
Where is this place? Your mind inquires, "so close," my heart replies  
And I am certain that it does exist, though I have never seen it with my eyes  
Where the sounds of celestial singing shall  
fill the center of your mind  
And all that you have longed for in this  
place you shall find  
I have never met a soul from there with  
photographs to share  
Yet it does exist, and I will gladly tell  
That it is in this place that Dr. "Reg" Watson  
does now dwell*

*—John Bergen*



# 15 Activities for Your Summer Self-Care Checklist

By Stephanie Natoli

<https://www.mentalhealthfirstaid.org/external/2018/07/15-activities-for-your-summer-self-care-checklist/>

Summer is a great time to think about self-care. With long sunny days and warmer weather, there are more opportunities than ever to switch up your routine and enjoy what the season has to offer. Use our self-care checklist to get some ideas for taking care of yourself this summer. We hope these suggestions will help you get moving, get outside and enjoy the sunshine!



Try these 15 ideas for summer wellness:

1. Ditch the couch and relax outdoors. Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.
2. Go for a stroll. A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.
3. Explore your local farmer's market. Take advantage of seasonal produce and local vendors. A trip to the farmer's market can be a great opportunity to try new foods and incorporate healthier options into your diet.
4. Start a garden or join a community garden. Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends. And at the end of the day, you can enjoy the literal fruits (and vegetables) of your labor!
5. Tidy one small space. Perhaps a drawer or the top of your desk - even having one space clean and free of clutter can help you feel calmer.
6. Make a summer feel-good playlist. Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.

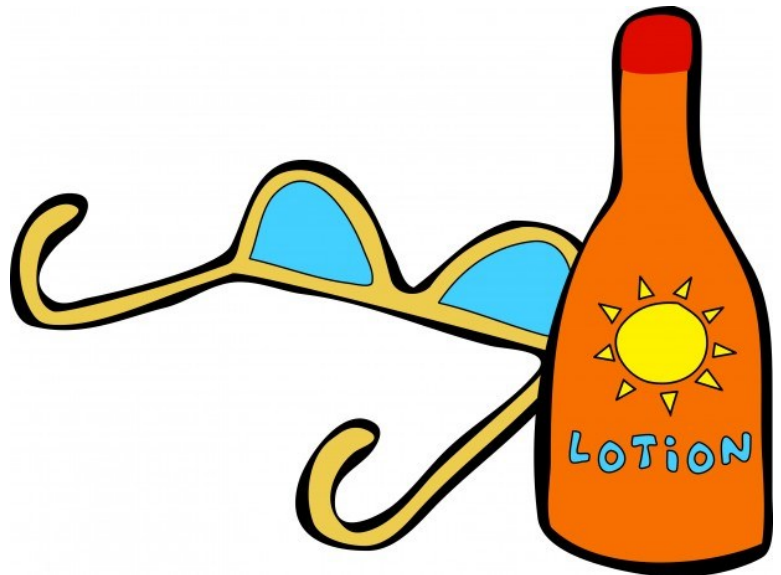
*(Continued on page 7)*

# 15 Activities for Your Summer Self-Care Checklist

*(Continued from page 6)*

7. Have a picnic. Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.
8. Try a new exercise. Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis or swimming. Just don't forget your sunscreen and bug spray!
9. Look for things going on in your community. Search online or in the newspaper for events going on around town. Consider outdoor movies, yard sales, festivals, farmer's markets, concerts or dance classes. Making fun plans can help you feel excited and give you something to look forward to.
10. Start or continue a journal. Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.
11. Reconnect with someone. Call an old friend - or even a grandparent or parent.
12. Do an at-home spa day. Taking a bubble bath, using a face mask or doing a DIY pedicure can all be affordable ways to help yourself feel cared for. A candle, essential oils and relaxing tunes can all add to the spa vibe.
13. Go exploring. Pull up a map and find a new area of town that you haven't been to yet.
14. Practice mindfulness. Try meditation or make a list of 10 things you are thankful for.
15. Do a needs assessment. How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.

Use these ideas to make your own self-care checklist this summer. Even small changes to your routine can improve your self-care practice and overall mood. Focus on new ways you can be active, get outside and get involved with your community. Make this summer a season of self-care.





# SUMMER SELF-CARE CHALLENGE

<b>Day 1</b> Make a list of goals for the month	<b>Day 2</b> Sit in the sun and meditate	<b>Day 3</b> Make lemon water or lemonade	<b>Day 4</b> Go on a hike or nature walk
<b>Day 5</b> Enjoy the pool or sprinklers	<b>Day 6</b> Waterguns, Bubbles, Side-walk Chalk	<b>Day 7</b> Picnic or eat lunch outside	<b>Day 8</b> Unplug from technology
<b>Day 9</b> Drink all the water today	<b>Day 10</b> Make a fruit salad	<b>Day 11</b> Relax to the sound of nature	<b>Day 12</b> Go out for ice cream
<b>Day 13</b> Dress up and feel pretty	<b>Day 14</b> Make a summer playlist	<b>Day 15</b> What do you need today?	<b>Day 16</b> Watch the sunrise or sunset
<b>Day 17</b> Make your own popsicles	<b>Day 18</b> Eat a watermelon	<b>Day 19</b> Take a mid-day nap	<b>Day 20</b> Visit a Farmer's Market
<b>Day 21</b> Make s'mores or grill	<b>Day 22</b> Try watergun painting	<b>Day 23</b> Take a ton of pictures	<b>Day 24</b> Do a yoga routine in the sunlight
<b>Day 25</b> Walk away from unhappiness	<b>Day 26</b> Re-organize your sacred space	<b>Day 27</b> Write something beautiful	<b>Day 28</b> Go star-gazing + count stars 

More on [BlessingManifesting.com](https://BlessingManifesting.com)





## Friendship Line California



1 (888) 670-1360



*"My name is Fred. I have been going to the Wellness Center for a while now and I noticed the Friendship phone line on the bulletin board. Last night, at*

*2:00 AM in the morning, I couldn't sleep and I was feeling lonely, so, I tried the friendship line. A nice lady answered and we talked for a while about sleep disorders and how to get a good night's sleep. She was a good conversationalist and it took away the loneliness of the middle of the night. I would really recommend this hotline to anyone who lives alone or suffers from loneliness. I hope you try it out sometime."*



Do you want to learn to ride



A Peer Support Specialist can help you learn how. They will even ride the bus with you as you learn your way around. Sign up today and learn how to figure out what bus to take, where the stops are, transfer to other buses and how to read the route map.

For more information or to sign up call Christina Falosk at (530)-618-5630

# Shasta Peer Support Work Group

This meeting is for anyone in Shasta County who does Peer Work.

Your job/volunteer title does not have to be “Peer Support”.

***Peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people” (Mead, 2003; Solomon, 2004).***

- ◆ Personal/Professional Support
- ◆ Skill Building
- ◆ Providing Community for Peer Work
- ◆ Problem Solving
- ◆ Education
- ◆ Learn/Share Resources
- ◆ Promote Peer Support
- ◆ Presentations
- ◆ Wellness Recovery Action Planning for Work
- ◆ Networking
- ◆ **BUSTING STIGMA!**



2nd & 4th Fridays of each  
month 8:30 am—9:45 am

Location:  
Sunrise Mountain Wellness Center  
1300 Hilltop Rd, Suite 200  
Redding, CA 96003  
In the back of the Bank of America Building  
(530) 618-5630

Upcoming Meetings  
for May—June—July  
2022

5/27

6/10

6/24

7/8

7/22

**Whether it's your friends, family,  
or community, everyone needs  
someone to lean on.**

If you don't know where to turn, you can text  
**HOME to 741741.**

A volunteer Crisis Counselor with  
Crisis Text Line will be there for you.  
It's free and 24/7.





## COMMUNITY RESOURCES

theowarmline

**CALL 855-845-7415 TO SPEAK TO A COUNSELOR**

The Peer-Run Warm Line—which began operation in 2014—is a non-emergency resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.



Based on the Recovery Model, the Northern Valley Talk Line (NVTL) provides non-crisis peer to peer telephone service to the community.

7 days a week from 11:30 am - 9:30 pm

**Toll Free:  
855-582-5554**

**NATIONAL**  
**SUICIDE PREVENTION**  
**LIFELINE™**  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



## COMMUNITY RESOURCES CONTINUED



### Hill Country Care Center

Mental Health Resource Center

Urgent Mental Health Services

Assessment & Intervention

Recovery Support & Crisis Prevention

M-F 12pm-9pm | Sat-Sun 11am-9pm

1401 Gold Street Redding, CA 96001

(530) 691-4446

[www.hillcountryclinic.org](http://www.hillcountryclinic.org)



Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Services offered for women and men.

2935 Bechelli Lane

Redding, CA 96002

530-351-7100

[www.plannedparenthood.org](http://www.plannedparenthood.org)



North American Mental Health Services

Healing and Wellness through Mental Health

Services - Telehealth Services

Therapy & Help with Medications

M-Th 8am-5pm, Fri 8am-4:30pm

1742 Oregon Street Redding, CA 96001

(530) 646-7269

[www.namhs.com](http://www.namhs.com)



**Northern Valley**  
Catholic Social Service  
INSPIRING HOPE & TRANSFORMING LIVES

2400 Washington Ave  
Redding, CA 96001-2832

(530) 241-0552

(800) 846-1451

[www.NVCSS.org](http://www.NVCSS.org)

## COMMUNITY RESOURCES CONTINUED



Redding Regional Office  
3688 Avtech Parkway  
Redding, CA 96002  
Phone: (855) 798-8760  
Member Services: (800) 863-4155

Partnership HealthPlan of California (PHC) is a non-profit community based health care organization that contracts with the State to administer Medi-Cal benefits through local care providers to ensure Medi-Cal recipients have access to high-quality comprehensive cost-effective health care.

[www.partnershiphp.org](http://www.partnershiphp.org)



Quality Health Care for all Medi-Cal Patients

**HOURS OF OPERATION**  
**FAMILY PRACTICE & URGENT CARE:**

MONDAY - FRIDAY: 7AM - 6PM

URGENT CARE :

SATURDAY - SUNDAY: 9AM - 6PM

3184 Churn Creek Road

Redding CA 96002

Phone: (530)768-2436

[www.rrths.org/churn-creek-healthcare](http://www.rrths.org/churn-creek-healthcare)



**Shasta Community Health Center**

Urgent Health Care - Dental Care

Education - Health Care/Project Hope

Recovery Support

Shasta Health Connection

M-Th 8am-8pm

(closed from 8a-9:30a on 1st Tues of every month)

Fri 8am-5pm - Sat 9am-1pm

1035 Placer Street Redding, CA 96001

(530) 229-5115

[www.shastahealth.org](http://www.shastahealth.org)



**Shasta Ready**

Shasta County's Response to Local Emergencies

COVID-19—Current Updates

[www.ShastaReady.org](http://www.ShastaReady.org)

## COMMUNITY RESOURCES CONTINUED



### Redding Branch Office

1900 Churn Creek Road  
Suite #100  
Redding, CA 96002  
(530) 224-4708  
[www.dor.ca.gov](http://www.dor.ca.gov)



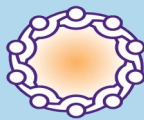
M-F 8am-5pm

1201 Placer St  
Redding, CA 96001  
(530) 246-7911

[www.thesmartcenter.biz](http://www.thesmartcenter.biz)



Shasta County  
Health & Human  
Services Agency



### STAND AGAINST STIGMA COMMITTEE

#### Know The Truth

- Mental health problems affect almost every family in America.
- People living with mental illness make important contributions.

#### Make A Difference

- Learn and share the facts about mental illness and suicide.
- Treat people who live with mental illness with dignity and respect.

Committee meets at 1:30 pm the  
Second Tuesday of every month  
(530) 229-8484  
<https://standagainststigma.com/>



Shasta County  
Health & Human  
Services Agency

Adult Mental Health Services  
Main Office hours: 8am - 5pm  
2640 Breslauer Way,  
Redding CA 96001  
(530) 229-8400

[www.co.shasta.ca.us/index/hhsa](http://www.co.shasta.ca.us/index/hhsa)



WELLNESS · RECOVERY · RESILIENCE



### Call 2-1-1

to connect with a call specialist for  
personalized service any time, day or  
night.

(Callers from out of county or TTY users may  
dial 855-211-7822.)

<https://211norcal.org/shasta>

# 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](https://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
<b>CLOSED</b> 	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition/Games 1p Computer Lab 1p <b>All Recovery</b> 2p Yoga 3p Living with ADHD/ADD 5:30p 12 Step NA	<b>Staff Development &amp; Center Planning</b> <b>No Groups</b> except 2p WRAP Seminar I (2.5hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition - Cal Fresh 1p Gaming (2hrs) 2p Extraordinary Experiences (2hrs)	10a Peers Supporting Peers 11a Building the Life I Want 12p Lunch/Nutrition/Games 1p Poetry 2p Art in Our Lives 3p <b>Anxiety &amp; Depression</b>
10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition/Games 1p Writing Hour 2p Art in Our Lives 3p DBSA (1.5hrs)	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition/Games 1p Computer Lab 1p <b>All Recovery</b> 2p Yoga 3p Living with ADHD/ADD 5:30p 12 Step NA	10a <b>Center Advisory Committee</b> 11a Peer Training 12p Lunch/Nutrition/Games 1p Computer Lab 1p 12 Step EA 2p WRAP Seminar I (2.5hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition/Games 1p Gaming (2hrs) 2p Extraordinary Experiences (2hrs)	Brandy Creek Beach Day 10 am - 4 pm No Groups All Day Lunch will be provided sign up by 7/5
10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition/Games 1p Writing Hour 2p Art in Our Lives 3p DBSA (1.5hrs)	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition/Games 1p Computer Lab 1p <b>All Recovery</b> 2p Yoga 3p Living with ADHD/ADD 5:30p 12 Step NA	10a Peers Supporting Peers 11a Peer Training 12p Lunch/Nutrition/Games 1p Computer Lab 1p 12 Step EA 2p WRAP Seminar I (2.5hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition - Cal Fresh 1p Gaming (2hrs) 2p Extraordinary Experiences (2hrs)	10a Peers Supporting Peers 11a Building the Life I Want 12p Lunch/Nutrition/Games 1p Poetry 1p <b>BOWLING</b> 2p Art in Our Lives 3p <b>Anxiety &amp; Depression</b>
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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/8209944660> — Meeting ID: 820 994 4660

**REMINDER**

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



# SUNRISE MOUNTAIN WELLNESS CENTER

Sunrise Mountain Wellness Center  
Groups M-F 10am-4pm

1300 Hilltop Rd, Suite 200, Redding CA 96003  
(in the back of the Bank of America building)

zoom.us/j/8209944650 Meeting ID: 820 994 4650

For assistance in joining a group or for peer support  
please contact the center at:  
(530)-618-5630  
or email: jcalkins@kingsview.org

Sunrise Mountain Wellness Center welcomes all adults, who enjoy a peer supported and directed wellness program that fosters recovery and resiliency.

**These services include:**

- Peer Support
- Socialization Opportunities
- Wellness Groups
- Recovery Activities
- WRAP

Sunrise Mountain Wellness Center is a peer support community focusing on hope, recovery, education, advocacy and peer support in a stigma free environment.

## GROUP DESCRIPTIONS | RED = In Person & on Zoom BLUE = Support Group C = Closed Group

**12 STEP EMOTIONS ANONYMOUS (EA):** 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) (N):** 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.)*

**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. *(No formal diagnosis necessary.)*

**ART IN OUR LIVES:** Bring out the Artist from within! Self-expression through Art can be very 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.

**BOUNDRIES:** 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:** Join the wellness center community and bring ideas, suggestions, solutions to improve, engage and empower our community. All are welcome to attend. Meets the 2nd and 4th Wednesday of each month.

**COMPUTER LAB:** Learn basic computer skills, create/use email, internet research and social media.

**DBSA:** Depression Bipolar Support Alliance (DBSA) provides hope, help, support, and education to improve the lives of people who have mood disorders.

**EXTRAORDINARY EXPERIENCES:** (C) A place where we can feel free 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 formal diagnosis necessary.)*

**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. Now offered both in person and on Zoom.

**PEER TRAINING:** Learn the principles of wellness, recovery, peer support, communication, ethics and boundaries. *(This group is for anyone who wants to explore a career path in Peer Support or who wishes to be part of the Center Support Team.)*

**POETRY:** This is an opportunity to express yourself through poetry. Learn new skills and techniques in a supportive atmosphere.

**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.

Sunrise Mountain Wellness Center is a program of Kings View and 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.