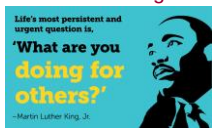
Northern Valley Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES

# Six Stones Wellness Center
# Groups & Activities Calendar

525 North Main St., Yreka

Hours Open: 10 am to 3 pm

## ~ January 2020 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| Note: ***Point in Time Surveys***<br><br>***SSWC will help you fill out.***<br><br>***Join us on January 29-31!*** | | | **1** **SSWC CLOSED**<br>**Happy New Year**<br> | **2**<br>10:00 Coffee & Plant Care mp vs<br>10:00 AA cw<br>11:00 Motivated Women Unite vs<br>12:00 BINGO mp<br>1:00 Arts and Crafts vs mp | **3**<br>10:00 Coffee & Trivia vs<br>10:00 Gamblers Anonymous cw<br>11:00 PTSD Support vs<br>12:00 Aging & Changing Wellness Tools mp<br>1:00 Wellness Movie & Popcorn vs | **4** Nat'l Trivia Day<br> |
| **5** Nat'l Bird Day<br> | **6** Nat'l Bean Day<br>10:00 Coffee & Awareness vs wg<br>10:00 Dual Recovery cw<br>11:00 Anger Management vs<br>12:00 Creative Writing bm<br>1:00 Spirituality bc cw<br>2:00 Peer Support Group vs | **7**<br>10:00 Coffee Social fd cw<br>10:00 Art Journaling vs<br>11:00 Narcotics Anonymous cw<br>12:00 Member's Meeting sa<br>1:00 Anyone's Anonymous bc<br>2:00 Childhood Trauma js cw | **8** Nat'l Joygerm Day<br>10:00 Coffee & Joygerm Awareness vs<br>10:00 Goal Setting and Plan mp<br>11:00 Emotion's Anonymous vs<br>12:00 Responding to Triggers cw<br>1:00 WRAP for Addiction lc cw | **9** Nat'l Law Enforcement Appreciation Day<br>10:00 Coffee & Appreciation mp vs<br>10:00 AA cw<br>11:00 Motivated Women Unite vs<br>12:00 Inspire Self-Love cw<br>1:00 WRAP for Addiction lc cw | **10** Nat'l Cut Energy Costs Day<br>10:00 Veterans Coffee & Cocoa sa<br>10.00 Vision Board mp cw<br>12:00 Vulnerable to Trafficking vs<br>1:00 Understanding Alzheimer's mp<br>2:00 BINGO/Game Groups vs mp | **11** Nat'l Vision Board Day<br>Nat'l Human Trafficking Awareness Day |
| **12** Nat'l Sunday Supper<br> | **13** Korean-American Day<br>10:00 Coffee & Awareness wg vs<br>10:00 Dual Recovery cw<br>11:00 Co-Dependency Group vs<br>12:00 Creative Writing cw<br>1:00 Improving Communication vs<br>1:00 SSWC Board Meeting lc bm<br>2:00 Karaoke cw vs | **14**<br>10:00 Coffee Social fd vs<br>10:00 Journaling with Word Clouds mp<br>11:00 Narcotics Anonymous cw<br>12:00 Member's Meeting lc<br>1:00 Anyone's Anonymous bc<br>2:00 Childhood Trauma js cw | **15** Nat'l Hat Day<br>10:00 Coffee & Hat Mandalas vs fd<br>10:00 Siskiyou Co Domestic Violence CLOSED GROUP Women Only cw<br>11:00 Bi-Polar Group cw vs<br>12:00 Essential Oils Group mp<br>1:00 WRAP for Addiction lc cw | **16** Nat'l Religious Freedom Day<br>10:00 Coffee Social vs mp<br>10:00 AA cw<br>11:00 Motivated Women Unite vs<br>12:00 Impact of Religious Freedom on diverse Cultures mp<br>1:00 WRAP for Addiction lc cw | **17**<br>10:00 Green Juices & Healing mp vs<br>10:00 Coffee Social sa<br>11:00 PTSD Support cw<br>1:00 Wellness Movie & Popcorn vs mp | **18** Nat'l Thesaurus Day |
| **19** Nat'l Popcorn Day<br> | **20** **SSWC CLOSED**<br>Martin Luther King Jr. Day<br>  | **21** Nat'l Hugging Day<br>10:00 Coffee & Hugs vs fd<br>10:00 Essential Oils mp cw<br>11:00 Narcotics Anonymous cw<br>12:00 Member's Meeting lc<br>1:00 Anyone's Anonymous bc<br>2:00 Childhood Trauma js cw | **22**<br>10:00 Coffee & Mandalas vs fd<br>10:00 Domestic Violence Men's Group cw<br>11:00 Emotion's Anonymous vs<br>12:00 Living with Diabetes mp<br>1:00 WRAP for Addiction lc cw | **23** Nat'l Pie Day<br>10:00 Coffee & Pie vs mp<br>10:00 AA cw<br>11:00 Motivated Women Unite vs<br>12:00 Cal Fresh with Tenneal vs mp<br>1:00 WRAP for Addiction lc cw | **24** National Compliment Day<br>10:00 Coffee Social sa<br>10:00 Cupboard Cooking mp vs<br>12:00 Recovery & Relationships cw<br>1:00 Martin Luther King Jr.'s Dream vs<br>1:30 Arts and Crafts vs mp | **25** Nat'l Opposite Day<br> |
| **26** Nat'l Green Juice Day<br> | **27** Nat'l Chocolate Day<br>10:00 Coffee & Awareness wg vs<br>10:00 Dual Recovery cw<br>11:00 Co-Dependency Group vs<br>12:00 Creative Writing bm<br>1:00 What is folklore? bc cw<br>2:00 Anger Management vs | **28**<br>10:00 Coffee Social cw vs sa<br>10:00 Art Journaling w/ Color mp<br>11:00 Narcotics Anonymous cw<br>12:00 Member's Meeting sa<br>1:00 Making Adversity into Opportunity cw<br>2:00 Childhood Trauma js cw | **29** Nat'l Puzzle Day<br>10:00 Point in Time Survey & Snacks<br>10:00 Siskiyou Co Domestic Violence CLOSED GROUP Women Only vs<br>11:00 Bi-Polar Group cw mp<br>12:00 Sons of Six Stones-Men's Group wg<br>12:30 January Birthday Celebration cw<br>1:00 WRAP for Addiction lc cw | **30**<br>10:00 Point in Time Survey & Snacks<br>10:00 Coffee Social vs mp<br>10:00 AA cw<br>11:00 Motivated Women Unite vs<br>12:00 Depression Support mp<br>1:00 WRAP for Addiction lc cw | **31** Inspire Your Heart with Art Day<br>10:00 Point in Time Survey & Snacks<br>10:00 Coffee Social vs wg<br>11:00 Vision Board mp vs<br>1:00 Wellness Movie & Popcorn vs mp | |

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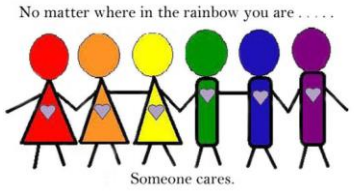
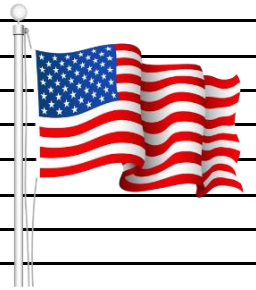
activeminds

EachMind MATTERS
California's Mental Health Movement




*Six Stones Wellness Center is a program of Northern Valley Catholic Social Service. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63.*

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|---|---|
| **Anyone's Anonymous Group** | **Learning how the 12-Step format can be used to improve different areas of daily living.** |
| **Arts & Crafts** | **Arts & crafts activities, Mandalas, Zen Tangelo Doodle, Crocheting and projects.** |
| **Art Journaling** | **Learn to express yourself through artist expression.** |
| **Awareness Groups & Events** | **To promote awareness of Mental & Emotional Challenges as well as National, State and community events.** |
| **Batik Wax Group** | **Learn to use wax in creating beautiful projects.** |
| **Belief Group** | **Respecting one another's faith and recovery efforts.** |
| **Bipolar Support Group** | **Peer Group supporting individuals with Bipolar Disorder.** |
| **Co-Dependency Group** | **A 12- Step program of recovery from codependence.** |
| **Creative Writing** | **Learn to express yourself through creative writing.** |
| **Daily Living Support** | **To assist with daily living activities and areas of wellness.** |
| **Domestic Violence Support** | **Siskiyou County Domestic Violence hosts a support group for victims of domestic violence.** |
| **Dual Recovery Group** | **A 12- Step Group for those in Recovery who live with mental health challenges.** |
| **Emotions Anonymous Group** | **A 12-Step Program to support emotional well-being, loneliness, grief & much more.** |
| **Family Support Group** | **Peers supporting family members with mental health challenges that affect daily functioning.** |
| **Game Group** | **Play board games and cards such as Checkers, Yahtzee, Chess, Backgammon, and Uno.** |
| **Group Facilitator Training** | **Training designed to provide the tools and support one needs in being a group facilitator at Six Stones.** |
| **Life Wellness Tools** | **A group that allows peers to explore ideas for maintaining wellness.** |
| **Life Skills** | **Learning new life skills to assist you in your efforts to maintain personal life areas.** |
| **Medication Management** | **How to manage your daily regimen.** |
| **Member's Meetings** | **Weekly Member's Meetings to discuss daily operations & the upcoming week.** |
| **Motivated Women Unite & Sons of Six Stones** | **Supporting one another in daily living and sharing thoughts and feelings (Women & Men Support groups).** |
| **Music, Drumming, etc. Group** | **Join our members in learning to use music as a positive outlet.** |
| **Narcotics Anonymous** | **12-Step Program for overcoming drug use.** |
| **Open Mic** | **Read poetry, sing Karaoke or share a short story. Come join the fun!** |
| **Peer Support Group** | **Peers supporting one another to promote stability.** |
| **Schizophrenic's Anonymous** | **12-Step Program designed to support individuals with Schizophrenia.** |
| **SNAP Ed/Nutrition/ Physical Activity** | **Learning importance of nutrition and light physical activities to encourage a healthy lifestyle.** |
| **Talent Show Prep & Healing Hearts 4th Annual** | **Preparations for our annual Fall, Healing Hearts Art & Talent Show** |
| **Veterans Coffee & Services** | **Veterans are welcome to learn about services available. Please join us for a cup of coffee.** |
| **WRAP (Wellness Recovery Action Plan)** | **Developing your own wellness tools to improve and maintain your physical and emotional health and what to do during a crisis.** |