

## Group Descriptions

Art, Crafts and Sewing--- get creative and unleash your inner artist. Make a bag to paint a Van Gough. Possibilities are endless in this group.

Cal Fresh---The largest anti-hunger program in California, CalFresh helps people with low or no income learn how make and purchase healthy food.

Exercise---enjoy stretching, dancing, tai chi, walking, and more to get you in shape.

Game--- having fun, learning about others in a social and friendly atmosphere.

Grief Support---peer to peer support for those experiencing grief and loss.

Independent Living Skills---Learn skills to live more independently in areas including, but not limited to, personal care (dressing, grooming, and hygiene), food preparation, clothing management (laundry, sorting, identification), money management, personal organization (materials and time management), and household maintenance.

Overcoming depression--- We all feel “down” and experience depression. through peer to peer sharing of useful tools., this group is focused on learning and discussing strategies to cope with the effects of depression.

Sacred space--- a discussion, contemplative, expressive and experiential group about spiritual and sacred spaces.

Self esteem--- learn new tools through self discovery and peer support in an encouraging discussion on how to build and sustain a confident self esteem.

Social Skills---the tools that enable people to communicate, learn, ask for help, get needs met in appropriate ways, get along with others, make friends, develop healthy relationships, protect themselves, and in general, be able to interact with the society harmoniously.

The power of thinking Positively--- explore and discuss how having a positive outlook can transform your life. Gain tools through peer to peer discussion, activities, games, role playing and contemplative exercises.

Urban walk---enjoy the outdoors with friends while you walk in the neighborhood, trails and parks.

Yoga---It's time to roll out the yoga mat and discover the combination of physical and mental exercises to strengthen your wellbeing.