Peer Group List

**Anxiety Support:** Feeling a little anxious? Join us for a Peer led group focusing on education, processing and coping skills for anxiety.

**Arts & Crafts:** Find your muse! Participate in fun Arts and Crafts activities. Supplies will be provided.

**Book Club:** Join us in reading and discussing a chosen book! Books will be supplied.

**CalFresh Healthy Living:** Discussions on health topics with cooking and nutrition tips to live a healthy life!

**Drumming:** Let’s make some noise! Hand drums are provided or you can bring your own.

**Game Day:** Shall we play a game? Have some fun playing a game of your choice!

**Let’s Go!** Time for a little gentle exercise. Walks, Qigong, Tai Chi, and gentle stretching are just some of the things we will explore! No experience necessary.

**Meditation:** Join us for a brief check-in and 20-30 minutes of meditation to promote wellness.

**Movie Day:** Let’s socialize and watch a movie or a documentary! There may even be popcorn.

**Outing:** Various adventures around Red Bluff and the surrounding area! Call for details!