



Northern Valley  
Catholic Social Service

# STANS

## Wellness & Recovery Center



### Peer Group List

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

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

**Computer Lab:** Need access to a computer? Visit the computer lab! Laptops available for use.

**Discovery Group:** Do you like variety? Do you enjoy learning about different things? Take a dive into diverse topics to promote wellness.

**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.

**Member's Meeting:** Meet to discuss the goings on at your Wellness Center and make suggestions for improvements. A snack will be provided.

**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!

**Social Anxiety 101:** Uncomfortable in crowds or around new people? You may have Social Anxiety. Join us for general information and learn some coping skills.

**For more information Contact Ron: (530) 691-2966**



WELLNESS • RECOVERY • RESILIENCE