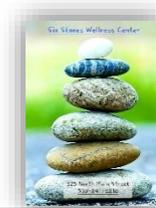


Six Stones Wellness Center Groups & Activities Calendar

525 North Main St., Yreka, CA 96097 • (530) 841-0810 • nvcss.org/siskiyou



January 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Recovery & Wellness Day  CLOSED	2 Life Skills & Wellness Day 10am- Anger Management 11am- Visionary Art 12pm- Navigating Emotions 1pm- Bipolar Coping Skills 2pm- Learn to Crochet	3 Recovery & Wellness Day 10am- Domestic Violence/Women 11am- Chopra Meditation 12pm- Health & Nutrition 1pm- Poetry for Wellness 2pm- Creative Expression	4 Life Skills & Wellness Day 10am- Spiritual Support 11am- Yoga for Wellness 12pm- Peer-to-Peer Support 1pm- Importance of Routines 2pm- Zentangle for Meditation	5 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Reflective Journaling 1pm- Wellness Movie	6
7	8 Recovery & Wellness Day 10am- Dual Recovery 11am- Overcoming Depression 12pm- Creative Expression 1pm- PTSD/Trauma Support 2pm- BINGO/Games	9 Life Skills & Wellness Day 10am- Anger Management 11am- Visionary Art 12pm- Navigating Emotions 1pm- Bipolar Coping Skills 2pm- Learn to Crochet	10 Recovery & Wellness Day 10am- Domestic Violence/Men 11am- Chopra Meditation 12pm- Health & Nutrition 1pm- Poetry for Wellness 2pm- Creative Expression	11 Life Skills & Wellness Day 10am- Mental Health Matters 11am- Grief Support Group 12pm- Peer-to-Peer Support 1pm- Importance of Routines 2pm- Suicide Prevention	12 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Reflective Journaling 1pm- Wellness Movie	13
14	15 Closed for Martin Luther King Day 	16 Life Skills & Wellness Day 10am- Anger Management 11am- Peer-to-Peer Support 12pm- Healing Teas 1pm- Bipolar Coping Skills 2pm- Life Skills	17 Recovery & Wellness Day 10am- Domestic Violence/Women 11am- Chopra Meditation 12pm- Addiction Recovery 1pm- Art with Rajiv	18 Life Skills & Wellness Day 10am- Spiritual Support 11am- Yoga for Wellness 12pm- Anxiety Coping Skills 1pm- Open Mic 2pm- Zentangle for Meditation	19 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Reflective Journaling 1pm- Wellness Movie	20
21	22 Recovery & Wellness Day 10am- Dual Recovery 11am- Overcoming Depression 12pm- In Honor of Martin Luther King Jr. 1pm- PTSD/Trauma Support 2pm- Bingo/Games	23 Life Skills & Wellness Day 10am- Anger Management 11am- Visionary Art 12pm- Herbal Apothecary 1pm- Bipolar Coping Skills 2pm- Learn to Crochet 5:30pm- LGBTQIA+ Support	24 Recovery & Wellness Day 10am- Domestic Violence/Men 11am- Chopra Meditation 12pm- Health & Nutrition 1pm- Poetry for Wellness 2pm- Creative Expression	25 Life Skills & Wellness Day 10am- Mental Health Matters 11am- Grief Support Group 12pm- Peer-to-Peer Support 1pm- Importance of Routines 2pm- Suicide Prevention	26 Recovery & Wellness Day 10am- Supporting Sobriety 11am- Supporting Families in Recovery 12pm- Members Meeting 1pm- Wellness Movie	27
28	29 Recovery & Wellness Day 10am- Dual Recovery 11am- Overcoming Depression 12pm- Reflective Journaling 1pm- PTSD/Trauma Support 2pm- Bingo/Games	30 Life Skills & Wellness Day 10am- Anger Management 11am- Visionary Art 12pm- Navigating Emotions 1pm- Bipolar Coping Skills 2pm- Learn to Crochet	31 Recovery & Wellness Day 10am- Domestic Violence/Women 11am- Making Soap 12pm- Addiction Recovery 1pm- Poetry for Wellness 2pm- Self Harm Support	Need Peer Support After Hours? Call Northern Valley Talk Line Toll Free: 1-855-582-5554 7 days per week. to 9:30 p.m.	Find us on Facebook https://www.facebook.com/groups/nvcss	

The Lifeline is **FREE**, confidential, and always available. **HELP** someone connect as a prevention measure.



The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov
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CMHS-SVP-0126



Supporting Sobriety	Supporting peers in their recovery from alcohol.
Supporting Families in Recovery	A group to support those who have an alcoholic friend or family member.
Anger Management	Learn coping skills in order to help control anger.
Reflective Journaling	Learn to self-reflect through journaling.
Self-Expression through the Arts	Using Various Artistic outlets for self-expression
Anxiety Coping Skills	Helping peers to learn coping skills and support those with anxiety challenges.
Bipolar Coping Skills	Peer Group supporting individuals with Bipolar Disorder.
Co-Dependency Group	Support of recovery from codependence.
Suicide Prevention	Learn about suicide, how to prevent it and supporting those who have suicidal thoughts and their loved ones.
Creative Expression	Learn to express yourself through creative writing. Express your vocal talents, stories & poetry in Open Mic.
Self-Advocacy	Learning skills to advocate for your wellness
Overcoming Depression	Providing tools and coping strategies for those living with depression
Domestic Violence Support	Siskiyou County Domestic Violence hosts a support group for victims of domestic violence.
Being a Good Tenant	Learn skills to become a good tenant
Navigating Emotions	Learn Skills to express emotions in a positive way & create a tool box to help you do this
Environmental Wellness /Creating a Safe Space	Discussion and tips for creating a safe space to work on your wellness personally & environmentally
Healthy Eating	A program for those struggling with food addictions or eating disorders
Yoga/Ta-Chi	Learning to center our thoughts through physical activity & breathing exercises
Critical Thinking	Learning critical thinking skills for effective decision making
Healthy Support System	How to build and maintain a healthy support system to promote wellness
Time Management	Learn tools how to best utilize your time effectively
Health & Nutrition/Cal-Fresh	Implementing healthy habits and good nutrition
Members' Meetings	Bi- Monthly Member's Meetings to discuss member feedback, ideas and suggestions for program improvement.
Meditation & Guided Imagery	Technique to use visualization to reduce stress & anxiety to put one in a meditative state.
Addiction Recovery	A Program for overcoming drug use.
PTSD & Trauma Groups	Support groups to assist peers in recovering from traumatic experiences.
Dual Recovery	Support for individuals with mental health challenges as well as chemical dependency

LGBTQ+ SUICIDE PREVENTION RESOURCES

IF URGENT MEDICAL ATTENTION IS REQUIRED, CALL 9-1-1

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-(TALK) 8255
VETERANS: PRESS 1

THE TREVOR PROJECT LGBTQ+ YOUTH
1-866-488-7386
CALL, TEXT OR CHAT
TheTrevorProject.org

CRISIS TEXT LINE 24/7 SUPPORT
TEXT "EMM" TO 741741

SAGE LGBT ELDER HOTLINE
1-888-234-SAGE

TRANS LIFELINE TRANSGENDER COMMUNITY SUPPORT
1-877-565-8860

KNOW THE SIGNS FIND THE WORDS REACH OUT
SuicidelsPreventable.org

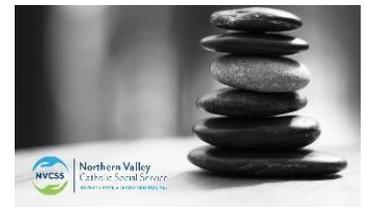
FOR ADDITIONAL RESOURCES:
EMMResourceCenter.org/collection/lgbtq

EachMind MATTERS
Mental Health Services

Siskiyou County Behavioral Health 24/7 Crisis Hotline

Toll Free: 1-800-842-8979

Remember, you are valued and worthy!



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.