



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!

Healthy Boundaries: Learn how to establish and reinforce boundaries to create a healthier, happier you in relationships.

In the Garden: Join us in the Garden! Get a little sunshine and learn how to plant and care for flowers and vegetables.

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!

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

