



2245 Challenger Way, Ste. 104, Santa Rosa CA 95407 (707)565-7800 [www.wellnessandadvocacy.org](http://www.wellnessandadvocacy.org)  
 Open 9am-4pm Mon-Fri, except Wednesday 9am-3pm

## Group Schedule for March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9am~4pm	Open 9am~4pm	Open 9am~3pm	Open 9am~4pm	Open 9am~4pm
9:15-10:15 <b>Nature TV Hour</b>	9:15-10:15 <b>Retro TV Hour</b>	9:15-10:15 <b>Animal TV Hour</b>	9:15-10:15 <b>Retro TV Hour</b>	9:15-10:15 <b>Science TV Hour</b>
10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>	10:15-10:45 <b>Member Meeting</b>
10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>	10:45-11:10 <b>Stretch/Walk</b>
11:15-12:10 <b>Walking through Depression</b>	11:15-12:10 <b>Peer Support</b>	10:45-11:10 <b>Bright Side</b>	10:45-11:10 <b>Hobby Group</b>	10:45-11:10 <b>Good News Group</b>
12:15-1:10 <b>Ted Talk Group</b>	11:15-12:10 <b>Art Wisdom</b>	11:15-12:10 <b>Healing Through Writing</b>	11:15-12:10 <b>Empowering Ourselves</b>	11:15-12:10 <b>Friendship Group</b>
12:15-1:10 <b>SMART Recovery</b>	12:15-1:10 <b>Computer Basics</b>	12:15-1:30 <b>Music Jam</b>	12:15-1:10 <b>Career Development</b>	12:15-2:00 <b>Open Mic</b>
1:15-2:10 <b>Coping with Chronic Pain</b>	12:15-1:10 <b>Anxiety Support</b>	1:30-2:30 <b>Quarter Life + Support Group</b>	1:15-2:10 <b>Visions &amp; Voices</b>	2:15-3:10 <b>Apoyo Mutuo</b>
1:15-2:10 <b>Creative Movement</b>	1:15-2:10 <b>Speakers Group</b>	1:30-2:30 <b>Young at Heart</b>	2:15-3:10 <b>Art Group</b>	2:15-3:10 <b>Feeling Free</b>
2:15-3:10 <b>Games &amp; More</b>	2:15-3:10 <b>I Am More Than...</b>		2:15-3:10 <b>SMART Recovery</b>	

### Notes

In **April**, our hours will be changing on **Wednesdays to 9am-2pm**.

**Quarter Life + Support Group & Young at Heart** will be changing to new days and times in **April**.

**Group Descriptions** can be found at:

<http://www.wellnessandadvocacy.org/files/GroupDescriptions2018.pdf>

### Events

3/22, Friday Forum, **Bucklew Presentation by Katie Swan**, 12:15pm – 1:45pm @ the Wellness Center



The Wellness and Advocacy Center is a program of Goodwill-Redwood Empire with funding from Sonoma County Department of Health Services Behavioral Health Division - Mental Health Services Act

