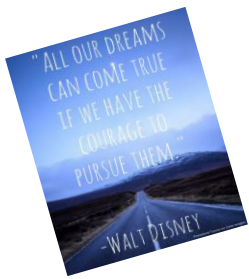


# Manteca Wellness Center

**A PLACE TO DISCOVER, RECOVER & GROW!**

## ACTIVITY CALENDAR



	10A-10:50A	11:00A-11:50A	12P-12:50P	1P-2:00P
MONDAY	PEER SUPPORT VIA ZOOM W/ TWC	ARTS & CRAFTS	PERSONAL GROWTH	HEALTH AND WELLNESS
TUESDAY	MENS GROUP VIA ZOOM W/ TWC	PLAYING FOR RECOVERY	GOAL SETTING	VIDEO/ DISCUSSION
WEDNESDAY	WOMENS GROUP VIA ZOOM W/ TWC	SOCIALIZATION	STOP THE MADNESS	SELF ESTEEM
THURSDAY	PEER SUPPORT VIA ZOOM W/ TWC	DUAL DISCOVERY VIA ZOOM W/ TWC	OVERCOMING VICES	SOCIALIZATION
FRIDAY	STAND & ACHIEVE W/ TWC	POWER 'N SUPPORT	MOVIE HOUR	No 1:00 Group on Fridays

**(209) 707-3767**

[mwcinfo@twcsj.org](mailto:mwcinfo@twcsj.org)

**Monday-Thursday 10am – 2:30pm**

**2:30pm – 3pm by appointment and**

**Closed early on Friday's 10am – 1:30pm**

**1:30pm – 2pm by appointment**

**VIA ZOOM AND IN PERSON, CONTACT US FOR INFORMATION**

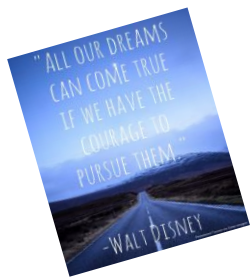


San Joaquin County BHS Consumer Support Warm-Line 24/7 – 209/468-3585

San Joaquin County Mental Health Crisis Line – 209/468-8686

609 W. Center Street • Manteca, CA 95337 • Website: [www.thewellnesscenterprs.org](http://www.thewellnesscenterprs.org) • Telephone 209/707-3767





# Manteca Wellness Center

## A PLACE TO DISCOVER, RECOVER & GROW!

### ACTIVITY CALENDAR



#### DUAL DISCOVERY

If you struggle with an addiction and a mental illness — This is the group for you! Learn to deal effectively with current and/or past addiction(s) and mental health issues.

#### HEALTH & WELLNESS

Come and improve your everyday living with mind, body and soul awareness; Learn skills to maintain your physical, emotional and mental health, allowing you to stay well in all of these areas.

#### ARTS & CRAFTS

In Arts and Crafts members enjoy creating a variety of projects such as drawing, painting, collages, making seasonal themes, etc. All materials are provided. During this time, we encourage conversation among participants as we create together.

#### MEN'S GROUP

Calling All Men!!! This group is a place where men can openly share with each other; Learn honesty, humility, tolerance, compassion, and patience with EVERYONE!

#### PEER SUPPORT

Ever said, "I've been there!?" If so, come share your experiences and help someone else. An opportunity to learn and share group wisdom for recovery from mental illnesses; New coping skills are shared each week!

#### SOCIALIZATION

Come join peers spending time socializing with each other having meaningful conversation about life in general and or doing an activity such as watching a movie, playing a game, art, listening to music.

#### SELF ESTEEM

How do you feel about yourself? Do you believe in yourself? Do you have hope? Do you give yourself a "pat on the back" for a job/task done well? Join us as we take a "look in the mirror" and examine our own self-esteem, learn new strategies to give yourself a boost, hold

your head high and be proud of yourself. Building your self-esteem can bring more joy, happiness, hope, and pleasure into your life and achieve bigger accomplishments.

#### STOP THE MADNESS!!!

Are you angry at everyone and everything all the time? Do you feel like there is a volcano inside you, waiting to erupt? Learn healthy ways to deal with your anger.

#### WOMEN'S GROUP

Come share your life challenges and journeys with other women who can relate to you; learn to build and rebuild healthy relationships and establish healthy boundaries with your loved ones and acquaintances.

#### Power 'n Support Team Meeting

Every Friday  
11:00 am – 12:00 pm VIA Zoom or  
in person at  
The Wellness Center of San Joaquin County  
1109 N. California St. Stockton

#### MEMBER SERVICES INCLUDE:

- Community Resources
- Computer Lab
- Fax Service
- Telephone Use

#### ONE-ON-ONE APPOINTMENTS:

Peer Recovery Coaches are available for  
One-on-one appointments:  
Monday - Thursday: 2:30 pm – 3:00, and Fridays 1:30pm – 2:00

You may need peer support, work on a computer project together and/or work on a particular aspect of your wellness and recovery. We are here to listen and offer peer support! We do not offer counseling or give advice. This is not a clinical counseling session. Call or See a Peer Recovery Coach to schedule your appointment.

