



PRS/TWC of San Joaquin County

Groups & Classes

VIA ZOOM & IN PERSON

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10AM - 11AM	PEER SUPPORT	MENS GROUP	WOMENS GROUP	PEER SUPPORT	STAND AND ACHIEVE
11AM - 12PM	CREATIVE EXPRESSIONS	HEALTHY RELATIONSHIPS	STOP THE MADNESS	DUAL DISCOVERY	POWER 'N SUPPORT
1PM - 2PM	NUTRITION	PEER SUPPORT	GOAL SETTING	LEARNING YOUR ILLNESS	PEER SUPPORT
2PM - 2:30PM	MEDITATION	MEDITATION	MEDITATION	MEDITATION	MEDITATION

DISCOVER, RECOVER, & GROW

WHERE: PRS/TWC of San Joaquin County
 1109 N. California Street
 Stockton, CA 95202

<https://thewellnesscenterprs.org/>



TALK TO US

(209) 451-3977
 info@twcsj.org

Monday – Friday: 9am-3pm
 3pm-4pm by appointment only

FOR ZOOM INFORMATION, PLEASE CONTACT PEER RECOVERY SERVICES/THE WELLNESS CENTER OF SAN JOAQUIN COUNTY.

The  *Wellness Center*
 of San Joaquin County

An MHSA Program of Peer Recovery Services (PRS)
 Made Possible by the Mental Health Services Act (MHSA) and SJCBS



Funded By:
SAN JOAQUIN COUNTY
 Behavioral Health Services
Through the Mental Health Services Act

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.

NUTRITION/COOKING

Are more nutritious meals on your menu? Learn about good nutrition and then use those techniques to prepare healthy meals at our next class. You must attend the Nutrition Class the week before the Cooking Class. ☺

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!

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 the 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.

CREATIVE EXPRESSIONS

Think outside the box! Let's create ways to express ourselves and promote wellness together. This could be through journaling, acting, dancing, singing, drawing and many other ways. ACTION!!!

STAND AND ACHIEVE

Want to learn how to get what you need by advocating for yourself? Then you'll love this class! You'll learn how to be assertive, without being aggressive; How to ask for what you want in a way that allows others to hear you; The importance of timing; When to ask and when to wait for a better time.

HEALTHY RELATIONSHIPS

Relationships are a necessary component of living one's best life. They are needed to create deep bonds, for companionship, and to provide the emotional support needed to thrive post-rehab. Relationships are effective in helping people in recovery stay healthy and increase their wellbeing.

LEARNING YOUR ILLNESS

Learn more about mental illness. This class discusses mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, addiction and others. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

POWER 'N SUPPORT

Our mission is to empower, educate and inform those facing challenges of mental illness, that you are not alone and that through unity, advocacy and leadership, you are able to bring awareness to the community in a positive way.

GOAL SETTING

Recovery goals are objectives that a person sets that are related directly to their recovery (mental health-based goals), and that may have been put on pause due to their mental health condition (work, family, physical health, social life, etc.) Recovery is not one size fits all. In this class we'll discover our deeper wishes for ourselves, begin to break down obstacles in the way of our plans, and understand that setbacks don't have to stop us from working towards our hopes for ourselves.

MEMBER SERVICES INCLUDE:

- Community Resources
- Computer Lab
- Fax Service
- Food Bank & Shopping
- Mobile Farmers' Market
- Self-Help Library
- Telephone Use

ONE-ON-ONE APPOINTMENTS:

Peer Recovery Coaches are available for one-on-one appointments Monday through Friday from 8:30 am — 9:00 am and 3:00 pm — 4:00 pm. 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. See a Peer Recovery