



# JANUARY 2012 MENTAL HEALTH CONSUMER CONCERNS

## EAST COUNTY WELLNESS & RECOVERY CENTER

MON	TUE	WED	THU	FRI	
<p>2</p> <p><b>CLOSED IN OBSERVANCE OF NEW YEAR'S DAY</b></p>	<p>3</p> <p>9-3 Joy' Activities *Fruit Paint on Canvas Paper Mache' Jewelry with Tess 10-11 *Gratitude List 11-11:30 Affirmations 1-2 Creative Writing 2:15-3 Educational Movie</p>	<p>4</p> <p>9:00 Curry Odyssey Museum Outing 10-11 WRAP/*Bldg Confidence 11-12 *Reading 11-12 *Body functions 1-2 Hygiene 2:15-3 Open Topic</p>	<p>5</p> <p>10-11 Affirmations 11-11:30 Open Topic 11:30 Lunch <b>CENTER CLOSSES AT 12:30</b></p>	<p>6</p> <p>10-11 WRAP/*Gratitude List 11-12 Healthy Thinking 12-3 Fun Friday</p> <p>Bingo/Movies/pool/Popcorn/Games</p>	<p><b>Socialize/Breakfast</b></p> <p><b>8:00 to 9:00am</b></p> <p><b>Check In</b></p> <p><b>9:00-9:30 am</b></p>
<p>9</p> <p>10-11 WRAP/*Reading 11-12 Anger Management 11-12 Current Events 1-2 Educational movie 2:15-3 Open Topic</p>	<p>10</p> <p>9-3 Joy' Activities Paper Mache' Pressed Flowers *Grapevine Wreaths 10-11 *Gratitude List 11-11:30 Affirmations 1-2 Creative Writing 2:15-3 Educational Movie</p>	<p>11</p> <p>EVAC DRILL 10-11 WRAP/*Bldg Confidence 11-12 *Hiking Tips 11-12 *Reading 1-2 Emer. Preparations 2:15-3 Open Topic</p>	<p>12</p> <p>10-11 Affirmations 11-11:30 Open Topic 11:30 Lunch <b>CENTER CLOSSES AT 12:30</b></p>	<p>13</p> <p>9:00 Deacons Cottage 10-11 WRAP/*Gratitude List 11-12 *Play Writing with Joy</p> <p>Bingo/Movies/pool/Popcorn/Games</p>	<p><b>Art of Movement</b></p> <p><b>9:30- 10:00</b></p> <p><b>Lunch</b></p> <p><b>12:00</b></p> <p><b>Check Up/ Clean Up</b></p> <p><b>3:00-3:30</b></p>
<p>16</p> <p><b>CLOSED MARTIN LUTHER KING, JR DAY</b></p>	<p>17</p> <p>9-3 Joy' Activities Wood Boxes *Canvas Bags</p> <p>10-11 *Gratitude List 11-11:30 Affirmations 1-2 Creative Writing 2:15-3 Educational Movie</p>	<p>18</p> <p>9:00 *Lafayette Reservoir Outing 10-11 WRAP/*Bldg Confidence 11-12 *Reading 11-12 *Immunizations 1-2 Stress &amp; Relief 2:15-3 Open Topic</p>	<p>19</p> <p>10-11 Affirmations 11-11:30 Open Topic 11:30 Lunch <b>CENTER CLOSSES AT 12:30</b></p>	<p>20</p> <p>10-11 WRAP/*Gratitude List 11-12 Healthy Thinking</p> <p>Bingo/Movies/pool/Popcorn/Games</p>	<p><b>Monday- Friday</b></p> <p><b>8:00am-4:30pm</b></p>
<p>23</p> <p>10-11 WRAP/*Reading 11-12 Anger Management 11-12 Current Events 1-2 Educational movie 2:15-3 Open Topic</p>	<p>24</p> <p>9-3 Joy' Activities Acrylic 3D Painting 10-11 *Gratitude List 11-11:30 Affirmations 1-2 Creative Writing 2:15-3 Educational Movie</p>	<p>25</p> <p>10-11 WRAP/*Confidence Bldg 11-12 *Reading 11-12 *Beverage Choices 1-2 *Your Energy System 2:15-3 open topic</p>	<p>26</p> <p>10-11 Affirmations 11-11:30 Open Topic 11:30 Lunch <b>CENTER CLOSSES AT 12:30</b></p>	<p>27</p> <p>10-11 WRAP/*Gratitude List 11-12 *Play Writing with Joy 12-3 Fun Friday</p> <p>Bingo/Movies/pool/Popcorn/Games</p>	<p><b>* NEW GROUP</b></p> <p><b>2400 SYCAMORE DR. SUITE 30 ANTIOCH CA 94509</b></p>

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