



WEST COUNTY WELLNESS & RECOVERY CENTER

Open: M-F 8am-3:30pm
Lunch: 12:30-1pm (must be signed in by 10am)

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Meet , Greet
Socializing
8-9am

2



Happy New Year!!
(See you Tuesday)



Every Morning

3
9-10 Check In/word of the day
10-11 Emergency Preparation
10-11 Spirituality with Dean
11-12 Body Talk
11-12 Meditation
1-2 Art with Melanie
2-3 Media Medicine

4
9-10 Check In
10-11 Eating right when its tight
10-11 Computer Training
11-12 Nurse JR.
1-3 Quite time/ Quite reading
1-3 Wellness Movie & Discussion

5
9-10 Check In/Community Resources
10-11 Money Management
11-12 Habit Reduction
12:30 CENTER CLOSED
Staff Meeting/Training

6
9-10 Check out/ My Weekend
10-11 Show & Tell
11-12 Artistic Expressions
1-3 Game time
1-3 Movie for fun

1
7

Daily
News & discussion
8-9 & 12-12:30



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8

Dual Diagnosis
Every Tuesday
9:30-10am

9
9-10 Check In/word of the day
10-11 Beautiful Planting
10-11 Personal Hygiene
11-12 Joy's creative arts
11-12 Triggers & Boundaries
1-3 Lip syncing

10
9-10 Check In/word of the day
10-11 Emergency Preparation
10-11 Spirituality with Dean
11-12 Body Talk
11-12 Meditation
1-2 Art with Melanie
2-3 Media Medicine

11
9-10 Check In
10-11 Eating right when its tight
10-11 Computer Training
11-12 Community Activities
1-3 Quite time/ Quite reading
1-3 Wellness Movie & Discussion

12
9-10 Check In/Community Resources
10-11 Money Management
11-12 Reading & Discussion
12:30 CENTER CLOSED
Staff Meeting/Training

13
9-10 Check out/ My Weekend
10-11 Show & Tell
11-12 Artistic Expressions
1-3 January Birthday Party

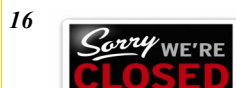
14
One to One
&
Peer to Peer
AVAILABLE
See Coordinator

0

15

Exercise

Daily 11:30-12pm



IN OBSERVENCE OF
Martin Luther King
(See you Tuesday)

17
9-10 Check In/word of the day
10-11 Emergency Preparation
10-11 Spirituality with Dean
11-12 Body Talk
11-12 Meditation
1-2 Art with Melanie
2-3 Media Medicine

18
9-10 Check In
10-11 Eating right when its tight
10-11 Computer Training
11-12 Nurse JR.
1-3 Quite time/ Quite reading
1-3 Wellness Movie & Discussion

19
9-10 Check In/Community Resources
10-11 Money Management
11-12 Healing with music
12:30 CENTER CLOSED
Staff Meeting/Training

20
9-10 Check out/ My Weekend
10-11 Show & Tell
11-12 Artistic Expressions
1-3 Game time
1-3 Movie for fun

21
W.R.A.P.
M/W/F



10AM-11AM

1

22

Cooking for Wellness
DAILY
10:30-12:30



23
9-10 Check In/word of the day
10-11 Beautiful Planting
10-11 Drivers Education
11-12 Joy's creative arts
11-12 Triggers & Boundaries
1-3 Lip syncing

24
9-10 Check In
10-11 Emergency Preparation
10-11 Spirituality with Dean
11-12 Body Talk
11-12 Meditation
1-2 Art with Melanie
2-3 Media Medicine

25
9-10 Check In
10-11 Eating right when its tight
10-11 Computer Training
11-12 Community Activities
1-3 Quite time/ Quite reading
1-3 Wellness Movie & Discussion

26
9-10 Check In/Community Resource
10-11 Money Management
11-12 Reading & Discussion
12:30 CENTER CLOSED
Staff Meeting/Training

27
9-10 Check out/ My Weekend
10-11 Show & Tell
11-12 Artistic Expressions
1-3 Game time
1-3 Movie for fun

28
Happy Birthday
to our
January Family

2

25

30
9-10 Check In/word of the day
10-11 Beautiful Planting
10-11 Personal Hygiene
11-12 Joy's creative arts
11-12 Triggers & Boundaries
1-3 Lip syncing

31
9-10 Check In
10-11 Emergency Preparation
10-11 Spirituality with Dean
11-12 Body Talk
11-12 Meditation
1-2 Art with Melanie
2-3 Media Medicine

