

TOWNHOUSE WELLNESS CENTER



Address:
629 Oakland Ave
Oakland, CA 94611

Phone:
510-247-8235

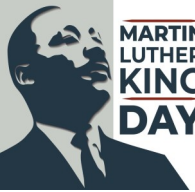
Website:
www.bayareacs.org

Hours:
Monday—Friday
8:30am—5pm

THWC Drop in hours:
Mon-Weds 1-4pm
Thurs & Fri Appt. Only

Care Coordinators:
Annmarie Bustamente
Tony Byrd
Jimmica Collins

Program Manager:
Clarise Burton

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
Food 4 Mood 8:30-10am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Free-Time 10:00am-11:00am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Therapeutic Thursday Group 11am-12pm Lunch 12pm-2pm HRC Open Hours 9:00am-4pm Closes at 3:30pm	Food 4 Mood 8:30-10am Free Hair Braiding 11am-2pm 11am-12pm HRC Open Hours 9:00am-4pm Music & Mind 4pm-5pm
 MARTIN LUTHER KING DAY	17	18	19	20
Closed: Reserved for the Holiday	Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Free-Time: 10:00am-11:00am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Therapeutic Thursday Group 11am-12pm Lunch 12pm-2pm HRC Open Hours 9:00am-4pm Closes at 3:30pm	Food 4 Mood 8:30-10am Free Hair Braiding 11am-2pm 11am-12pm HRC Open Hours 9:00am-4pm Music & Mind 4pm-5pm
23	24	25	26	27
Food 4 Mood 8:30-10am Culture Awareness Group 10:30am-11:30am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Free-Time: 10:00am-11:00am Lunch 12pm-2pm HRC Drop In- 1pm-4pm Housing Workshop: 4pm-5pm	Food 4 Mood 8:30-10am Therapeutic Thursday Group 11am-12pm Lunch 12pm-2pm HRC Open Hours 9:00am-4pm Closes at 3:30pm	Food 4 Mood 8:30-10am Free Hair Braiding 11am-2pm 11am-12pm HRC Open Hours 9:00am-4pm Community Check-In 4pm-5pm
30	31			
Food 4 Mood 8:30-10am Meditation Monday Group 11am-12pm Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm	Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm HRC Drop In- 1pm-4pm Music & Mind 4pm-5pm			

TOWNE HOUSE WELLNESS CENTER

Supporting people, supporting community by doing whatever it takes!



Group Description

WEEKLY EVENTS

Food 4 Mood: Ease into the day by reaffirming community relationships through small talk and kind gestures, all while enjoying a morning breakfast and a cup of hot coffee.

HRC Drop-In/Open Hours: Reserve time by appointment to work individually with a Care Coordinator on problem solving, conflict resolution, setting/working on/achieving personal goals and housing. To schedule an appointment, speak with any Towne House Wellness Staff.

Wellness groups: Join us for one hour a day for a selection of activities to support the development of our inner and outer selves through activities such as mindfulness meditation, breathing exercises, physical exercise, self-care awareness, therapeutic art activities, overall wellness and community.

Music & Mind : Relax at the end of the day through the sound of music while enjoying small talk and community togetherness.

Free Hair Braiding: Every Friday, a hair braider will provide simple braiding styles from 11am-2pm. This reoccurring event promotes self-esteem and improves overall well-being. Low self-esteem can lead to depression, so taking the time to get hair done salon can really help raise a person's self-esteem.

MONTHLY EVENTS

Housing Workshop: Workshop facilitated by Housing Care Coordinator that focuses on ways to access housing resources, types of resources, and general Q&A with the community around housing. (Last Wednesday of every month)

Cultural Awareness Group: Exploring and celebrating cultural awareness and diversity within our community **First Monday of every month**

Community Check-in: A time reserved for community members and staff to address wellness center matters such as planning future activities, groups, and outings. This time is also reserved for Restorative Justice circles when needed and appropriate **Last Friday of every month**

SEASONAL EVENTS

Food Truck Fridays: We have collaborated with food truck gourmets from around the Bay Area to bring their cooking's right to you at Townhouse. Located in the back parking lot every Friday throughout spring and summer. This is a time to mingle with your community of peers and staff at Townhouse. Live music DJ's will also be present for your musical and dancing enjoyment.

If there is a group missing that you would like to see started, please share your thoughts with us!