

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.

Therapeutic Time : purposeful activities to improve and maintain social skills through creative expression, board games, art and other activities to lift your mood.

Wellness Walk : What's not to like about walking? It's free and it's easy on the joints. And there's no question that walking is good for you. Join in a nice scenic walk the local garden.

Valentine's Open Mic Event . This time is set aside for creative expression in celebration of Valentine's Day.

Partner Memorial Ceremony: Honoring partners of Towne House Wellness Center through ceremony and the planting of a flower in the Towne House Wellness Center Memorial Garden.

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!