

Mon	Tue	Wed	Thu	Fri
<p><b>Address:</b> 3900 Valley Ave, Suite B Pleasanton, CA 94566</p> <p><b>Phone:</b> 925-484-8457 <b>Fax:</b> 925-484-1075</p> <p><b>www.BayAreaCS.org</b></p>			<p><b>1</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Community Bike Ride 10-11 Healthy Eating, diet &amp; nutrition 11 - 12:30 Peer Led activities 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>	<p><b>2</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Employment Help 10-12 Lunch 12:00-1 Movie 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>
<p><b>5</b> Coffee Community 8:30 - 9 Morning Check-In 9:30 - 10 Exercise 10-11:30 Lunch and cleanup 12:00 - 1:00 Games and discussion Group 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>	<p><b>6</b> Coffee Community 8:30 Morning Check-In 9:30 - 10 Community Bike Ride 10 - 11 Crafts and Chat 11-12 Lunch 12-1 Express Yourself-Peer led 1:30-3 1:1 Support 3-4 (by appt)</p>	<p><b>7</b> Coffee Community 8:30 - 9:30 Check in 9:30 - 10 Depression &amp; Bipolar Support Group 10-12 Lunch 12-1:00 Peer Led activities 1-3 1:1 Support 3-4 (by appt) Clean up 4-4:30</p>	<p><b>8</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Community Bike Ride 10-11:30 Healthy Eating cooking lesson 11:30 - 1:30 Social Worker 1:30-3:30 1:1 Support 3- 4:00 (by appt)</p>	<p><b>9</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Monthly Birthday Celebration 10-1 Movie 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>
<p><b>12</b> Coffee Community 8:30 - 9 Morning Check-In 9:30 - 10 Meditation for mental health 10-11:30 Lunch 11:30 - 1:00 Games and discussion Group 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>	<p><b>13</b> Coffee Community 8:30 Morning Check-In 9:30 - 10 Community Bike Ride 10 - 11 Crafts and Chat 11-12 Lunch 12-1 Express Yourself-Peer led 1:30-3 1:1 Support 3-4 (by appt)</p>	<p><b>14</b> Coffee Community 8:30 - 9:30 Check in 9:30 - 10 Depression &amp; Bipolar Support Group 10-12 Lunch 12-1:00 Peer Led activities 1-3 1:1 Support 3-4 (by appt) Clean up 4-4:30</p>	<p><b>15</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Community Bike Ride 10-11 Healthy Eating, diet &amp; nutrition 11 - 12:30 Peer Led activities 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>	<p><b>16</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Juneteenth Celebration 10-1 Movie 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>
<p><b>19</b> <b>Closed in Observance of Juneteenth</b></p>	<p><b>20</b> Coffee Community 8:30 - 9 Morning Check-In 9:30 - 10 Community Bike Ride 10 - 11 Crafts and Chat 11-12 Lunch 12-1 Express Yourself-Peer led 1:30-3 1:1 Support 3-4 (by appt)</p>	<p><b>21</b> Coffee Community 8:30 - 9:30 Check in 9:30 - 10 Depression &amp; Bipolar Support Group 10-12 Lunch 12-1:00 Peer Led activities 1-3 1:1 Support 3-4 (by appt) Clean up 4-4:30</p>	<p><b>22</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Community Bike Ride 10-11 Healthy Eating, diet &amp; nutrition 11 - 12:30 Peer Led activities 12:30-1:30 Social Worker 1:30-3:30 1:1 Support 3- 4:00 (by appt)</p>	<p><b>23</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Women Support Group 10-12 Lunch 12:00-1 Movie 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>
<p><b>26</b> Coffee Community 8:30 - 9:30 Morning Check-In 9:30 - 10 Exercise 10-11:30 Lunch 11:30 - 1:00 Games and discussion Group 1-3 1:1 Support 3- 4:00 (by appt) Clean up 4-4:30</p>	<p><b>27</b> Coffee Community 8:30 Morning Check-In 9:30 - 10 Community Bike Ride 10 - 11 Crafts and Chat 11-12 Lunch 12-1 Express Yourself-Peer led 1:30-3 1:1 Support 3-4 (by appt)</p>			

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**www.BayAreaCS.org**

**Employment Specialist:**  
Referral

**Case Manager:** Referral

**Peer Counselor:** Ron  
Bernstein

**Program Supervisor:**  
Kim Ellis

**Program Director:**  
Jamisha Baker

**Hours:**  
Monday - Friday  
8:30am - 5:00pm

See reverse side for

Small meals/snacks  
throughout the day

Hot meal  
prepared by the Wellness  
Center Community EVERY  
DAY!

# VALLEY WELLNESS CENTER

## Group Descriptions

...supporting people, supporting community



**Coffee Community** - Ease into the day by reaffirming community relationships through small talk and kind gestures, all while enjoying a morning snack and a cup of hot coffee

**Morning Check-In And Mindfulness Activity** - Discuss current well-being, including successes & challenges, and utilize mindful meditation as a way of reducing mental health related symptoms and experiences.

**Workin' It** - Work on employment based goals and overcome barriers to finding meaningful work.

**What, Me, Worry ?** - Learn methods to recognize anxiety provoking situations and apply positive coping skills through dialectical behavior therapy (DBT)

**Healthy Eating** - Learn how to identify and prepare healthy, home cooked meals on a budget

**Breakfast Club** - Learn to incorporate healthy eating habits, budgeting skills and simple recipes into making breakfast.

**Games Group** - Socialize in a fun, relaxed, safe, and positive atmosphere while playing board games, card games and video games.

**Wellness Self-Management Group** - A recovery-oriented, curriculum-based practice designed to help adults with serious mental health problems make informed decisions and take action to manage symptoms and improve their quality of life. WSM is an adaptation of the illness management and recovery program, a nationally recognized best practice.

**Budgeting Your Life** - Gain skills necessary to budget both time and money.

**Building Self-Esteem** - Learn proven techniques on how to handle mistakes, respond to criticism, foster compassion, achieve goals, and visualize self-acceptance

**Peer Council** - Peer Council is an open group of mental health consumers who meet for fellowship, advocacy, education, networking and stigma prevention purposes. Peer Council introduces participants to advocacy and empowerment as a group and as individuals. It allows peers to give back to the community as a part of the recovery process and provides a forum to be heard in their own voice.

**Know Your Resources** - Community based outings designed to raise awareness of resources in the Tri-Valley area

**Seeking Safety** - Learn SAFE coping skills for managing Post Traumatic Stress and Substance Use challenges, while reaffirming ideals of respect, care, protection, healing.

**1:1 Support** - Reserve time by appointment to work individually with a Peer Counselor on problem solving, conflict resolution, setting/working on/achieving personal goals.

**Express Yourself** - Express and understand your emotions, behaviors, feelings through the creative arts process. Learn to apply art as a coping skill to resolve issues, reduce stress, and improve self-esteem and awareness.

### Diet and Nutrition

**Community Outreach** —Learn about available resources in the area, while increasing awareness of Wellness Center Programming in the Community

**Current Events** - A daily discussion of the news in the world, country and the Tri-Valley

**NAMI Family-to-Family** - An 11 week peer education program for Family members of adults living with Mental Health challenges; Lead by Tri-Valley NAMI (National Alliance on Mental Illness)

**Depression and Bipolar Support Alliance** - A PEER RUN support group where we can help each other navigate the ups and downs of life! Come meet others just like you... a place where you can be yourself and feel safe. We are here to help improve the lives of people living with mood disorders. We've been there. We can help.

**PEERS Workshops** - Peers Envisioning & Engaging Recovery Services (PEERS) is a diverse community of people with mental health experiences. Their mission is to promote innovative peer-based wellness strategies. PEERS creates culturally-rich, community-based mental health programs that honor diverse experiences and eliminate stigma and discrimination.

**Open Activities** - Socialize with friends, catch up on must see TV episodes, emails & Facebook, play games, work on goals & wellness !

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