### Towne House Wellness Center

**JUNE 2023**

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Food 4 Mood</strong> 8:30-10am</td>
<td><strong>Creative Arts Tuesday</strong> 11am-12pm</td>
<td><strong>Wellness Wednesday Group</strong> 11am-12pm</td>
<td><strong>Self-Care &amp; Awareness Group</strong> 11am-12pm</td>
<td><strong>Music &amp; Mind</strong> 8:30-10am</td>
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<td>Meditation Monday Group 11am-12pm</td>
<td>Lunch 12pm-1pm</td>
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<td>Karaoke 11am-12pm</td>
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<td>Lunch 12pm-1pm</td>
<td>Drop In – 12pm-3pm</td>
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<td>Music &amp; Mind 4pm-5pm</td>
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**Care Providers:**
Auroa Cardenas
Amanda Gearhart
Janice Bobbs
Christopher Moorehead
Naemah Henderson
Jimmica Collins

**Program Manager:**
Clarise Burton

**Address:**
629 Oakland Ave
Oakland, CA 94611

**Phone:** 510-247-8235
**Website:**
www.bayareacs.org

**Hours:**
Mon – Fri 8:30am – 5pm

**THWC Drop In hours:**
Mon-Fri 12-3pm

**Website:**
www.bayareacs.org
**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.

**Drop-In:** 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.

**Fun Friday Activities:** A weekly activity that promotes understanding your emotions, behaviors, and feelings. Learn coping skill to resolve issues, reduce stress, and awareness through various activities that are subject to change every week.

**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.

**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**

**Community Connect 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!