

TOWNHOUSE WELLNESS CENTER

JANUARY

Address:
629 Oakland Ave
Oakland, CA 94611

Phone:
510-658-9480

Website:
www.bayareacs.org

Hours:
Monday—Friday
8:30am—5pm

THWC Drop in hours:
Mon-Fri 12-3pm

Care Coordinators:
Aurora Cardenas
Amanda Gearhart
Janice Bobbs
Christopher Moorehead
Nyra Mitchell
Jonathan Medina

Program Manager:
Valeria Corona

Associate Director:
Clarise Burton

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Closed: Reserved for Holiday HAPPY NEW YEAR</p>  <p>8 Food 4 Mood 8:30-10am Meditation Monday Group 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>15 Closed: Reserved for Holiday Martin Luther King Jr.</p>  <p>22 Food 4 Mood 8:30-10am Culture Awareness Group 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>29 Food 4 Mood 8:30-10am Meditation Monday Group 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p>	<p>2 Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>16 Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>23 Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>30 Food 4 Mood 8:30-10am Creative Arts Tuesday 11am-12pm Lunch 12pm-2pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p>	<p>3 Food 4 Mood 8:30-10am Wellness Wednesday Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>10 Food 4 Mood 8:30-10am Wellness Wednesday Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>17 Food 4 Mood 8:30-10am Wellness Wednesday Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>24 Food 4 Mood 8:30-10am Wellness Wednesday Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>31 Food 4 Mood 8:30-10am Wellness Wednesday Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Housing Workshop: 4pm-5pm</p>	<p>4 Food 4 Mood 8:30-10am Self-Care & Awareness Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm CLOSED : 3PM</p> <p>11 Food 4 Mood 8:30-10am Self-Care & Awareness Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm CLOSED : 3PM</p> <p>18 Food 4 Mood 8:30-10am Self-Care & Awareness Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm CLOSED : 3PM</p> <p>25 Food 4 Mood 8:30-10am Self-Care & Awareness Group 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm CLOSED : 3PM</p> <p>30</p>	<p>5 Food 4 Mood 8:30-10am Fun Friday 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>12 Food 4 Mood 8:30-10am Fun Friday: Gardening 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>19 Food 4 Mood 8:30-10am Fun Friday 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>26 Food 4 Mood 8:30-10am Fun Friday: Gardening 11am-12pm Lunch 12pm-1pm Drop In— 12pm-3pm Music & Mind 4pm-5pm</p> <p>19</p>

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.

1:1 Support/Drop-In: Walk-Ins are available to work individually with a Care Coordinator on problem solving, conflict resolution, setting/working on/achieving personal goals and housing. Speak with the Front Desk Staff Member to get on the Drop-Ins list.

Fun Friday Activity: 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.

Self-Care Thursday: Either a presentation will be presented or activity on an element of Self-Care will allow an opportunity for those from the community to participate.

MONTHLY EVENTS

Cultural Awareness Group: Exploring and celebrating cultural awareness and diversity within our community **at the 3rd Monday of this month**

Thanksgiving Celebration: . This time is set aside to celebrate the act of expressing or feeling thankfulness. Thanks giving meal is cooked and served, while the opportunity to participate in thanksgiving activity as a community.

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