

MARCH

Circle of Friends Wellness & Recovery Center

February 28, 2024

Our Valentines Celebration was a big success this month. Over the course of two weeks, folks who came through our doors had the opportunity to make and decorate their own "Palentines Mailboxes". The mailboxes were hung in front of the office window and filled with trinkets, cards, notes and candies. It was very sweet to see all the kindness and love for our pals spread to one another.



Our book club kicked off in February! It's not too late to join. We are reading *The Stand* by Stephen King. Our next meeting is March 13th where we will discuss up to chapter 14. We are meeting every other week at a rate of two chapters per week. We would love for you to join us!

Another February highlight was our Candle Decoupage Craft. The technique we used is easy, but takes a bit of patience, and the end result is well worth it.



We are continuing two new workshop series in March. First is a Harm Reduction Workshop, which will cover a variety of ways we can reduce our harm of risky behavior. Risky behavior can include anything that poses potential harm to ourselves, from drug use to over eating. Abstinence is not the only approach to living a healthier life and we want to support each individual on their wellness journey however we can. Each workshop is an invitation to discuss whatever potential harmful behavior each person experiences and would like support with.

The second new workshop series is a Job Skills Workshop. This workshop will cover a variety of “soft skills”, also known as people skills. This will include topics such as effective communication, conflict resolution and team work. Most jobs today require working with others in some capacity and these skills can help us in our success, whether it be a paid or volunteer position, or even just with life and our relationships with others. Anyone is welcome to join the workshops, regardless of

employment status or readiness to work.

We will have a St Patrick’s Day Celebration on Friday March 15th! Please no pinching, but feel free to wear green! Side dishes, drinks or disposable utensils are welcome, but not required. This has been a long time favorite celebration amongst our participants and we are sure this year will be just as fun as always.

Beverly will be back for another Music Group. Last month was well attended and enjoyable for those who came to learn and/or sing along. Beverly will be here on Wednesday March 20th.

We have been hosting a Safety in Aging workshop for several months now. Last month we learned several techniques to get up off the floor by ourselves in case of a fall while home alone. This month we will discuss home safety tips to prevent accidents and injuries.

We will be closed on Friday March 29 in recognition of Cezar Chavez Day.

Please see our calendar to see all of our upcoming activities. We are looking forward to a month of wellness and connection.

*This program has been funded by the County of Shasta through the California Mental Health Services Act

* Circle of Friends is a program of Hill Country Community Clinic

Call Partnership at:
1-866-828-2303



Dates to Remember:

- ❖ Mon & Wed –Circle of Friends Recovery Group
- ❖ Mar 1 – BINGO!!!
- ❖ Mar 12 - Planning Commission Meeting
- ❖ Mar 14 – Steering Committee Meeting
- ❖ Mar 15 – St Patrick’s Day Celebration
- ❖ Mar 19 – First Day of Spring!!!
- ❖ Mar 20 – Music with Beverly
- ❖ Mar 29 – Closed in recognition of Cezar Chavez Day



Need extra support when the Center is closed?

Call the Northern Valley Talk Line:

1-855-582-5554 from 11:30a-9:30p

In need of transportation to a medical appointment?



SPRING

WORD SEARCH

E W A J F E L L F J F L W F S T K U
 F R M J U C D T M H F E E A J O U H
 C A T A F R U L L I T M S O W Z J U
 X I T D J O X F T S H X P G O M I M
 X N N X R E O O E L X Z D P R X K A
 W V I P Q B U N N Y J C Y X M R O W
 S X S D E G G S O D B L G Q P S F X
 S U P U D D L E C H I C K R K J R F
 P L Y B S P P R I L R I E I A P Z U
 S L V Z D T F L G H V W R U K S R H
 S B U T T E R F L Y O V O N P Z S Q
 C U M U B Y O C Z L G V S B F K M W
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 O X Z P M L S D X I W Z D S F I I B
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 O V E C I T D V O H I H J T T I M G
 M B D M H R S D L W I S M H Y A K E
 L A D Y B U G Q U B P D G A L H E K



BEE	BUTTERFLY	GRASS	LILY	SEEDS
BLOSSOM	CHICK	KITE	NEST	SPROUT
BUD	EGGS	LADYBUG	PUDDLE	TULIP
BUNNY	FLOWER	LAMB	RAIN	WORM

