

Sunrise Mountain Wellness Center

Contact the Center
1300 Hilltop Rd. Suite 200, Redding, CA 96003

(Enter at back door of Bank of America)

(530)-618-5630

Office Hours M-F: 8:00a-4:30p

April 2024



Check out our Facebook group: www.facebook.com/groups/258922963274217

To create a safe space for support we ask that you arrive on time for ALL groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10a Peers Supporting Peers 11a Written Expression 12p Lunch n Learn 1p-3p Open Art Studio 1p-2:30 COH- (DV/IPV) 1p-3p My Recovery is EPIC 7p-8:30p 12 Step NA 1	10a Peers Supporting Peers 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 2	Staff Development & Center Planning No Groups 3	10a Peers Supporting Peers 11a Choices & Options 12p Lunch n Learn 1p-2p Gaming 1p-4p D&D 2p-3:30p Extraordinary Exp 4	10a Peers Supporting Peers 11a-12:30p Creative Expression 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression 5
10a Peers Supporting Peers 11a Written Expression 12p Lunch n Learn 1p-3p Open Art Studio 1p-2:30 COH- (DV/IPV) 1p-3p My Recovery is EPIC 7p-8:30p 12 Step NA 8	10a Peers Supporting Peers 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 9	10a Center Advisory Committee 11a Peer Skills Training 12:30p-3p TIE DYE Picnic 1-3 Open Art Studio 1p-3:30p D&D Beginners 10	10a Peers Supporting Peers 11a Choices & Options 1p-2p Gaming 1p-4p D&D 2p-3:30p Extraordinary Exp 11	10a Peers Supporting Peers 11a-12:30p Creative Expression 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression 12
10a Peers Supporting Peers 11a Written Expression 12p Lunch n Learn 1p-2:30 All Fired Up! 1p-2:30 COH- (DV/IPV) 1p-3p My Recovery is EPIC 7p-8:30p 12 Step NA 15	10a Peers Supporting Peers 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 16	10a Peers Supporting Peers 11a Peer Skills Training 12p Lunch n Learn 1p-2:30 Aqua Golf 1-3 Open Art Studio 1p-3:30p D&D Beginners 17	10a Peers Supporting Peers 11a Choices & Options 12p Lunch n Learn 1p-2p Gaming 1p-4p D&D 2p-3:30p Extraordinary Exp 18	10a Peers Supporting Peers 11a-12:30p Creative Expression 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression 19
10a Peers Supporting Peers 11a Written Expression 12p Lunch n Learn 1p-3p Open Art Studio 1p-2:30 COH- (DV/IPV) 1p-3p My Recovery is EPIC 7p-8:30p 12 Step NA 22	10a Peers Supporting Peers 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 23	10a Center Advisory Committee 11a Peer Skills Training 12p Lunch n Learn 1-3 Open Art Studio 1p-3p Bowling 1p-3:30p D&D Beginners 24	10a Peers Supporting Peers 11a Choices & Options 12p Lunch n Learn 1p-2p Gaming 1p-4p D&D 2p-3:30p Extraordinary Exp 25	Center Celebration 10a Peers Supporting Peers 11a Social & Activities 12p Lunch 1-3 Ice Cream Social 26
10a Peers Supporting Peers 11a Written Expression 12p Lunch n Learn 1p-3p Open Art Studio 1p-2:30 COH- (DV/IPV) 1p-3p My Recovery is EPIC 7p-8:30p 12 Step NA 29	10a Peers Supporting Peers 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA 30			

We celebrate diversity and the visible and invisible qualities that make each person unique, including race, gender, age, sexuality, ability, religion, national origin, gender identity, and other distinctions.

To schedule a ride please text (or call) 530-351-2854 By 8:30 am—
Please call ONCE & leave only ONE message.
Driver will confirm your ride by 9 am



Shasta County Health & Human Services Agency

Sponsored by: Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.

Group Descriptions

* New Groups * Support Groups

12 Step Narcotics Anonymous: (NA) Narcotics Anonymous is open to anyone who wants to recover from addiction. The only requirement for membership is a desire to stop using drugs. **NOW 2x a week!! Mondays 7-8:30 & Tuesdays 6-7:30**

All Recovery Meeting: Come find community, as we learn skills to support our recovery. This meeting encourages all pathways to recovery. *This group is open to all people 18+ in recovery with substance use, and allies to those in recovery.*

Anxiety & Depression: Gain skills to manage anxiety & depression while creating a community of support. *Open to anyone.*

Boundaries: Personal boundaries are vital in order for us to thrive and be in healthy relationships. Boundaries are a way for us to practice self-care and self-respect. In a supportive, non-judgmental group we explore and learn new skills that can help us align our words with our actions when it comes to setting our boundaries.

Center Advisory Committee Meeting: Your voice matters! Bring ideas, suggestions and solutions to improve, engage and empower our community. All members are welcome to attend. Meets the 2nd and 4th Wednesdays of each month.

Choices & Options: Understanding we have choices and options can feel so empowering. Stuck in a rut? What are your options? Don't like what is happening in your life? What are your choices? Let's explore this idea together.

COH (DV/IPV) Conversations of Hope: This peer-run, skill-building support group is for, people who identify as women, and have experienced, or are experiencing the effects of domestic violence (DV)/intimate partner violence (IPV).

Creative Expression: Come explore a variety of ways to experience creativity. This group isn't about artistic skills or talent. This group is about exploring lots of different ways to connect to your inner creativity. Everyone has creativity inside them and we all express it in our own unique way. Creative expression has been proven to reduce stress and anxiety, improve mood, and help us with emotional regulation. When we are in a "creative flow state" our brain releases significant amounts of endorphins, serotonin, and dopamine – hormones connected to pleasure and focus. Leave your self-critic at the door and explore. This group for EVERYONE!

Dungeons & Dragons (D&D): Fantasy gaming at it's best. IYKYK Please contact staff if you are interested in joining this session. This campaign is for experienced players. Wednesday group is only for beginners. Please speak with the facilitator to participate in this game

Emotional Wellness: One definition of emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. What does emotional wellness mean to you? Join us as we explore our emotional health and learn coping strategies that can support healthy relationships and contribute to a satisfying life experience.

Extraordinary Experiences: This group is a resource for support for people who experience non-consensus reality - Specifically, created for people who hear voices, see visions, negotiate alternative realities, or have other unusual perceptions that are often labeled as psychosis. You are safe here to speak freely and be supported in your experiences in this non-clinical setting. *This group is only open to those with extraordinary experiences.*

Gaming: It's **GAME TIME!** Laugh out loud & have some fun. It can be so good for us to socialize with others who are also on a journey of wellness. We will be playing a variety of games like Nintendo Switch, Scrabble, Uno, Chess, and so much more! If you have a game you want to play BRING IT and teach us! Don't know how to play? No worries, we'll show you the ropes. Check it out! We heard you loud and clear!

Lunch N Learn: Join us for good conversation, a healthy meal and learn about how nutrition impacts our mental health. If cooking is your thing, we invite you to share your talents in the kitchen. We will even pay for you to get your Food Handler's Certificate! Come for a Group? Stay for Lunch! Come for Lunch? Stay for a Group! *(Members must attend at least one group in addition to lunch.)*

My Recovery is Epic: E: engaged, P: peer developed, I: individualized, C: community-centered. The EPIC program is a peer-led, life skills curriculum. *Open to people 18+ who struggle with addiction to drugs or alcohol or are in recovery from a substance use disorder.*

Neuro-Diverse Universe: The extraordinary diversity that exists in humans is cause to celebrate. Join us as we explore the possibilities and learn strategies that can help us navigate life in a world created for neurotypical people.

Open Art Studio: This time and space is for us to explore our creative nature and reap the benefits for our whole self. The format of this group is unstructured. There will be art supplies, ideas and multiple projects to choose from. It's ok to show up to this group late.

Peer Supporting Peers: *Monday - Friday 10-11 hybrid in person/Zoom* —Start your day in a safe and non judgmental space with your peers supporting one another. Creating community is healing and this group is a great way to get to know other members, hear about upcoming center news and get involved in SMWC. *Open to everyone.*

Peer Skills Training: In peer support we learn to use our lived experience with wellness to help others on their recovery journey. Learn the principles of wellness, recovery, peer support, communication, ethics and boundaries. This group is for any member interested in exploring a career in peer support, wishes to volunteer at SMWC or interested in a Peer Support Internship program.