

Sunrise Mountain Wellness Center

December 2024



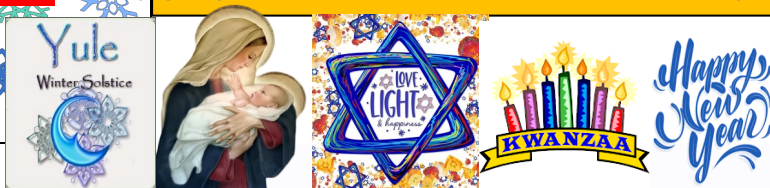
Check out our Facebook group: www.facebook.com/groups/258922969274217

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10a Supporting Connections 11a Words for Wellness 12p Lunch n Learn 1p-3p My Recovery is EPIC 1p-2:30p COH- (DV/IPV) 6p-7:30p 12 Step NA 	10a Supporting Connections 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA	Staff Development & Center Planning No Groups or Activities 	10a Supporting Connections 11a 8 Dimensions of W 12p Lunch n Learn 1p-3p Open Art Studio 1p-4p D&D 2p-3:30p Extraordinary E	10a Supporting Connections 11a Yoga 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression
2	3	4	5	6
10a Supporting Connections 11a Words for Wellness 12p Lunch n Learn 1p-3p My Recovery is EPIC 1p-2:30p COH- (DV/IPV) 6p-7:30p 12 Step NA 	10a Supporting Connections 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA	10a –12 p Taking Action Passport Project 12p Lunch n Learn 1p-3p Open Art Studio 1:30p-3p Stand Against Stigma Committee Meeting	10a Supporting Connections 11a 8 Dimensions of W 12p Lunch /Cal Fresh 1p-2p Center Advisory Committee 1p-3p Open Art Studio 1p-4p D&D 2p-3:30p Extraordinary E	10a Supporting Connections 11a Yoga 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression
9	10	11	12	13
10a Supporting Connections 11a Words for Wellness 12p Lunch n Learn 1p-3p My Recovery is EPIC 1p-2:30p COH- (DV/IPV) 6p-7:30p 12 Step NA 	10a Supporting Connections 11a Boundaries 12p Lunch n Learn 1p All Recovery 2p Neuro-Diverse Universe 4p-7p D&D 6p-7:30p 12 Step NA	10a –12 p Taking Action Passport Project 12p Lunch n Learn 1p-3p Open Art Studio 1p-3p PADs	10a Supporting Connections 11a 8 Dimensions of W 12p Lunch n Learn 1p-3p Open Art Studio 1p-3p BOWLING 1p-4p D&D 2p-3:30p Extraordinary E	10a Supporting Connections 11a Yoga 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression
16	17	18	19	20
The Gift of Connection  Fun, Food, Festivities 10 am - 3 pm Lunch 12:00 6p-7:30p 12 Step NA	CLOSED DEC 24TH & 25TH Wishing You a Joyous Season Through connection we heal and thrive! We are taking a wellness break. We will see you Thursday 12/26/24		10a Supporting Connections 11a 8 Dimensions of W 12p Lunch n Learn 1p-3p Open Art Studio 1p-2:30p LIBRARY 1p-4p D&D 2p-3:30p Extraordinary E	10a Supporting Connections 11a Yoga 12p Lunch n Learn 1p Emotional Wellness 2p Anxiety & Depression
24	25	26	27	28
10a Supporting Connections 11a Words for Wellness 12p Lunch n Learn 1p-3p My Recovery is EPIC 1p-2:30p COH- (DV/IPV) 6p-7:30p 12 Step NA 	CLOSED DEC 31ST & JAN 1ST		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	
30	31	31	31	31

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 9:15 am

Holidays

- Winter Solstice/Yule 12/21
- Hanukkah 12/25/24 -1/2/25
- Christmas 25
- Kwanzaa 12/26/24-1/1/25
- New Year's Eve 31



At SMWC, we warmly celebrate the diverse qualities that make each person unique, including race, gender, age, sexuality, ability, religion, and more.



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

* Support Groups

8 Dimensions of Wellness: This group provides the opportunity to develop wellness tools and learn strategies that support each dimension of our lives: Emotional, Physical, Intellectual, Environmental, Financial, Spiritual, Social, Occupational. We all have areas of strengths and this group helps us lean into our strengths to support the areas of challenge we experience.

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 (CAC): Your voice matters! Bring ideas, suggestions and solutions to improve, engage and empower our community. All members are welcome to attend. Members are invited to serve on committees and help make things happen at the center. The CAC meets at our new time on the 2nd and 4th Thursday of each month.

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).

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. 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 (Extraordinary E): 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 BINGO!, 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.

Supporting Connections: Let's start the day with connection and a cup of coffee (or tea)! Meaningful conversations, listening for understanding, being heard and supporting each other contribute to everyone's wellbeing. Feeling happy, cranky, peaceful, foggy, energetic, unmotivated?

Here at Sunrise Mountain we're all on a wellness journey, so come as you are!

Taking Action for Whole Health & Wellbeing—Passport Project: The 8 week workshop was a blast! Join us this month as we create our Wellness Passport and put all we learned about the Windows to Wellbeing into Action!

Words for Wellness: Journaling, poetry, prose, storytelling are just a few of the ways writing can support our wellness. This group is about exploring how writing can connect us to our inner self and help express ourselves as we grow in our wellness journey. We're not about grammar, spelling or rules, so you can be sure this is a safe space to try new tools.