

Mental Health Wellness Center

January

2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed	3 Whole Health Activity: movie <i>Pay it Forward</i> followed by a discussion	4 1-2:30 Whole Health Class	5 12:45-1:45 Art Therapy 2-3:30 Connection Support Group	6 1-2:30 Book Club discussion <i>Quaker Summer</i>
9	10 Writing Group (time to be announced)	11 1-2:30 Whole Health support group	12 2-3:30 Connection Support Group	13
Martin Luther King Day 16	17	18	19	20
1-2 Discussion Group: Has discrimination touched your life?	Writing Group (time to be announced)	1-2:30 Whole Health support group	2-3:30 Connection Support Group	2-3:30 Art Activity with Wendie
23	Belly Laugh Day 24	25	26	27
1-2 Discussion Group: Organization Strategies	Writing Group (time to be announced)	1-2:30 Whole Health support group	2-3:30 Connection Support Group	
30	31			
1-2 Discussion Group: Why do we procrastinate	Writing Group (time to be announced)			

Conversation, crafts, games and beverages are available every day the center is open. Scheduled activities are subject to change. The Thursday group is the peer led NAMI Connection Support Group. Suggestions for activities and presentations are appreciated.