



The Porterville Wellness Center

333 W. Henderson Avenue 559-759-3388



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours of Operation: Monday-Saturday 9:30AM-4:30PM Sunday: Closed 	<u>*Transitional Aged Youth</u> <u>18-25 (TAY) Activities:</u> <i>Job Readiness,</i> <i>Socialization,</i> <i>Life Skills, Self Care</i> <i>Various Social Groups</i> <i>And Activities</i> <i>From 12:00pm to 2:00pm</i>	 *Todos los grupos son ofrecidos en Español	1. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Spooky Pigs) Art Journaling 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support	2. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts 2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime OCTOBER BIRTHDAYS	3. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support
5. 9:30AM Anxiety Support Gardening 11:00AM Music Expression Monster Movie Monday! 2:00PM Depression Support Art Journaling 3:30PM Coping with Stress Self Care	6. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Mummy Meatballs) 2:00PM W.R.A.P. <i>Funky Hat Day</i> 3:30PM Dungeons&Dragons Job Readiness	7. 9:30AM Self Care Gardening 11:00AM PTSD Support Mentorship 2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support	8. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Halloween Blondies) Art Journaling 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support	9. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts 2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime SMORE'S & PUMPKIN DECORATING!	10. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support
12. <i>Sorry, We're</i> <i>Closed for</i> <i>Staff Development!</i> 	13. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Bat Wings) 2:00PM W.R.A.P. SILLY SOCK DAY 3:30PM Dungeons&Dragons Job Readiness	14. 9:30AM Self Care Gardening 11:00AM PTSD Support Mentorship 2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support	15. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (PB Pumpkin Cookies) Art Journaling 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support	16. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts 2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime MONSTER PAINTING COMPETITION	17. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support
19. 9:30AM Anxiety Support Gardening 11:00AM Music Expression Monster Movie Monday! 1:00PM P.A. Committee 2:00PM Depression Support Art Journaling 3:30PM Coping with Stress Self Care	20. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Yummy Mummy) 2:00PM W.R.A.P. WILD HAIR DAY 3:30PM Dungeons&Dragons Job Readiness	21. 9:30AM Self Care Gardening 11:00AM PTSD Support Mentorship 2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support	22. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Pumpkin Fritters) Art Journaling 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support	23. 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts 2:00PM Karaoke PTSD Support 3:30PM LGBTQ+ Anime THE HAUNTED GARDEN	24. 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support
26. 9:30AM Anxiety Support Gardening 11:00AM Music Expression Monster Movie Monday! 2:00PM Depression Support Art Journaling 3:30PM Coping with Stress Self Care	27. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Monster Chicken Sliders) 2:00PM W.R.A.P. 3:30PM Dungeons&Dragons Job Readiness	28. 9:30AM Self Care Gardening 11:00AM PTSD Support Mentorship 2:00PM T.A.Y. Group* Understanding Family 3:30PM Women's support Men's Support	29. 9:30AM Morning Meditation Gardening 11:00AM Cooking with Peers (Caramel Apples) Art Journaling 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support	30. COSTUME DAY! 9:30AM Self Care Gardening 11:00AM Veterans Support Arts & Crafts 12:00PM HALLOWEEN MOVIE MARATHON! AND OCTOBER RAFFLE!	31. HAPPY HALLOWEEN! 9:30AM Morning Meditation Gardening 11:00AM Men's Support Women's Support 2:00PM W.R.A.P. 3:30PM Depression Support Anxiety Support