

## GROUPS AT THE WELLNESS AND ADVOCACY CENTER

### Music Jam

Bring your instrument, your voice, or just your listening ears and enjoy music with various staff and members.

### Open Art Studio

In the Art Room, you are welcome to work the way you feel comfortable. We will help you work your way through the materials with different media: pencil, charcoal, ink & wash, oil pastel and others, do flower painting in water color and acrylics, sketching, and more. You are the artist. Come and play!!

### The Gardening Group

Come be a part of something big! We've built a greenhouse, are continuing with the new plot, and are working on our compost bin. You don't need to be a gardener. Come and share your veggie and flower wish list.

### Peer Self Advocacy Group

DRC (Disability Rights California) program is dedicated to providing self-advocacy services to diverse groups of people with psychiatric disabilities helping them identify and address their needs to effectively resolve their issues and access services. In this way, the PSA program seeks to help them face the immense obstacles in exercising their rights to achieve and maintain a sense of well-being.

### Knitting, Crocheting & Mending with Leigh

If you are interested in learning how to knit, crochet or mend clothing, come and join Leigh on Friday!!

### Computer Lab

Self-Help computer programs, 1:1 computer help, job search assistance, and resume' and cover letter workshops.

### Job Search Workshop

Interested in searching for a job on the internet? Plus other topics. Come join us in the Computer Lab on Friday's.

### Computer Basics

The first class will cover "Introducing the P.C." and "Introducing the Software". This will be on Tuesday's, and is the first part of a multi-part class.

### Quarter Life Support Group

A support group to meet and socialize with other young adults (ages 18-25) who struggle with mental health issues. Learn some skills that might help your life run a little smoother.

### Peer Support Group

This group provides a safe and supportive place for members to share their struggles and successes!

### Games and Discussion with Bernie

Bernie leads games and also discussion if you just want to hang out and talk.

### Hopes and Dreams

Has life become stale? Is your soul in a rut? Come discover...rekindle the flame...become who you are in "Hopes, Dreams & Goals". Unleash your imagination and discover you! Meet your needs for safety & security...and keep that flame of inspiring possibility alive!

### Grupo de Salud en Español (Wellness Group)

This group is a form of our Peer Self Advocacy Group from Disability Rights California for our Hispanic members.