

Lodi Wellness Center

Groups and Classes Schedule

| | Monday | Tuesday | Wednesday | Thursday |
|------|--------------------------|------------------|-------------------------|-----------------------|
| 10AM | Goal Setting | Peer Support | Healthy Living | Women's Group |
| 11AM | Mental Health Conditions | Anger Management | Men's Group | Healthy Relationships |
| 1PM | WRAP Support Group | Video Discussion | Dual Diagnosis Recovery | Peer Support |
| 2PM | Playing for Recovery | Life Skills | Peer Support | Playing for Recovery |

Starting 3/4/2024- OPEN ON MONDAYS!

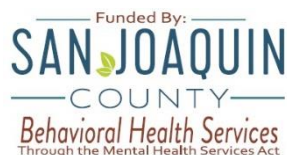
Monday - Thursday 9AM-3PM

300 W Oak St, Lodi, CA 95240

(209) 503-0521

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www.twcsj.org



Groups and Classes Descriptions:

Anger Management: This group is designed for those who struggle with anger and want to find more constructive ways to express themselves. We will cover topics such as identifying triggers, communication skills and stress management techniques. Come join us and discover how you can take control of your anger and build stronger, more positive relationships.

Dual Diagnosis Recovery: If your recovery is affected by addiction and a mental health condition, this group can help you create balance. The group focuses on recovering from addiction in the 12 Step program format, while also recovering from mental health issues. Learn how to cope effectively with current and past challenges in a healthy way.

Goal Setting: In this group we discuss long-term and short-term goals for recovery. It is important to have goals for the future in order to remain on the path of growth.

Healthy Living: Join our healthy living group to connect with others who are interested in prioritizing their well-being. We offer a variety of activities to support your physical and mental health, including group walks, and nutrition workshops. Come join us and discover how small changes can make a significant difference to your overall health and happiness.

Healthy Relationships: Come join our healthy relationships group to learn the skills you need to build and maintain strong, fulfilling relationships. We will cover topics such as communication, conflict resolution, boundaries, and more. You will gain valuable insight and tools to help you create healthy relationships in your life.

Life Skills: In this group learn how to break down obstacles of living independently. We explore topics like time management, healthy communication, sleep, cooking, budgeting, and personal hygiene. We are here to support you to support your goals in this area.

Mental Health Conditions: Come join this group to learn more about mental health conditions. This group builds awareness for not only what you may be experiencing, but others in your life as well. Being informed about different mental health conditions helps create empathy for ourselves and others.

Men's Group: Join our men's group to find support and camaraderie with other men. We offer a safe space to talk about mental health, relationships, work, and more. Come share your story and connect with others.

Peer Support: This group gives you an opportunity to learn from others going through similar situations. You will also be able to share your own wisdom for recovery from mental health conditions. Whether you are going through a tough time or just want to connect with others, we are here for you. Come share your personal experiences with recovery and support one another.

Playing for Recovery: Working on our recovery can be fun! In this group we discuss healthy coping skills, self-care, recovery topics and more. We will discuss topics related to WRAP and share what is helping prevent crisis and helpful ways to notice when things are breaking down. Learning and sharing in this fun environment enhances the positivity in our recovery journey.

WRAP Support Group: In this group we discuss our Wellness Recovery Action Plans and explore wellness tools to help with everyday life in recovery. WRAP is a set of recovery tools that help us understand our own triggers and keep us well in order to prevent crisis. If you want to develop your WRAP plan, come in or call and sign up for the next class!

Women's Group: Come join our women's group to share your life challenges and journeys with other women, as well as celebrate and encourage one another. We are here to support and uplift each other through life's ups and downs. Join us for meaningful conversations and a safe space to connect with other women from all walks of life.

One-on-One Appointments: Peer Recovery Coaches are available for One-on-One appointments Monday - Thursday before and after scheduled groups. We are here to listen and offer peer support! We do not offer counseling or give advice, as this is not a clinical counseling session.