



# UNITED BY WELLNESS

## A VIRTUAL WELLNESS CENTER

### MONDAY:

- Before Stage 4 During Summer Months 10-11 am 🟡
- Employment Wellness 1-2 pm 🔵
- Grief & COVID \*(7/19) 1-2 pm 🟡
- Emotional Wellness and Spirituality \*(7/19) 12-1pm 🟡
- WINGS (Grief In Recovery) 2-3 pm 🔴
- Peer Recovery Warmline Group 6-7 pm 🟡
- Monday Music for a Good Mood 6:30-8:30 pm 🟢

### TUESDAY:

- Employment While Managing Recovery \*(7/13) 11am -12 pm 🟡
- Peer Support Career Info \*(9/14) 11 am - 12:30 pm 🔵
- Self-Care With Pets 12-1 pm 🟡
- Relaxation Tool In Recovery 2-3 pm 🔴
- WRAP Virtual Seminar 1 2-4 pm 🟢
- Mental Wellness 3-4 pm 🟡
- Welcome to MHA (1st Tues.) 3-4 pm 🟡
- Coping Skills Support Group 4-5 pm 🟢
- Living the Well Life 6-7 pm 🟡

### WEDNESDAY:

- Boundaries \*(8/18) 10-11 am 🟢
- Family Engagement and Peer Support \*(9/15) 10-11 am 🟡
- Virtual Job Interviews \*(7/28) 11 am - 12:30 pm 🔵
- Grupo De Bienestar Emocional \*(7/28, 8/25, 9/29) 12-1 pm 🟡
- Healthy Habits 12-1 pm 🟢
- Too Much Stuff \*(1st & 3rd ONLY) 1-2 pm 🟡
- Get Your Move On \*(1st & 3rd ONLY) 2:30-3:30 pm 🟢
- Employment Wellness Group 3-4 pm 🔴
- SMART Tools Breaking Free 4-5 pm 🔴
- Anxiety & Depression Support Group 5-6 pm 🟡

### THURSDAY:

- Seeking Employment/Social Media \*(7/8) 10-11:30 am 🔵
- What's Up With Mental Health \*(8/5, 9/2) 1-2 pm 🟡
- Dual Recovery (Co-Occurring) 2-3 pm 🔴
- Overeating 4-5 pm 🟡
- LGBTQ+Social Support Group (1st & 3rd Thurs.)6-7pm 🟡
- Movie Group 6-8 pm 🟢

### FRIDAY:

- Peer Support Career Info \*(7/9) 11 am - 12:30 pm 🔵
- COVID's Impact/Young Adult's Mental Health \*(7/3) 12-1 pm 🟡
- History of Mental Health \*(8/20) 12-1 pm 🟡
- Community Education Workshop (3rd Friday)12-1 pm 🟢
- Family Recovery 4-5 pm 🔴

### SATURDAY:

- Monthly Creative Arts Group (2nd Sat.) 1-2 pm 🟢
- Monthly Totally Trivia Group (3rd Sat.) 12-1 pm 🟢
- Anxiety & Depression Support Group 2-3 pm 🟡
- Humanistic Recovery Group 6-7:30 pm 🔴

### SUNDAY:

- Sunday Recovery 10-11 am 🔴
- Shades of Wellness \*(7/11) 1-2:30 pm 🟡
- Got Stress? 4-5 pm 🟡
- Meditation 7:15-8 pm 🟢

Bells indicate recommended groups for each sub-community. You are not required to join a sub-community. Members that are a part of a sub-community are still welcome to join other groups that are related to them.

Substance Use & Co-Occurring Community 🔴

Coping Skills Community 🟢

Employment Community 🔵

Mental Wellbeing Community 🟡



TO BECOME A MEMBER GO TO: [WWW.SURVEYMONKEY.COM/R/8VXP2KS](http://WWW.SURVEYMONKEY.COM/R/8VXP2KS)

