

SUNRISE MOUNTAIN WELLNESS CENTER NEWSLETTER



Why Pronouns Are Important

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Why are pronouns important?

Pronouns are important for conveying vital parts of our colorful identities. We actively use pronouns daily but may not think about their meaning in each instance. However, pronouns are essential for promoting safety, respect, and care for others.¹ Thus,

understanding the impact of pronouns can be an important part of how we understand ourselves and interact with others in our personal and professional lives.

Everyone has unique pronouns. Some people may use one set of pronouns (e.g., she/her/hers) whereas others may use several pronouns (e.g., she/they). It is incredibly important to avoid assumptions about someone's pronouns based on their appearance, voice, and/or name. Additionally, pronouns can express gender identity

but does not always do so. Taking a moment to check in with others about their pronouns or provide opportunities for people to share their pronouns is an effortless and important way to express respect for others and avoid making inaccurate assumptions.



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How do I find LGBTQ friendly therapy?

<https://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy/>

It is not safe to assume that all therapists will be knowledgeable or sympathetic to LGBTQ issues. Luckily, the internet has made it easy to do a lot of research on potential therapists before making an appointment.

One of the best and easiest ways to find LGBTQ-friendly therapy is online through a search engine like HelpPRO or Psychology Today. These are tools that offer several different filters including insurance, gender identity, sexual orientation, transgender support and more. You will find therapists in your area who specialize and have experience working with LGBTQ clients. Each therapist has their own profile with an about section where you can learn more about them and their practice. Find qualifications, specialties, treatment approach, client focus, issues, and financial information as well as contact information all on their page.

The Human Rights Campaign partnered with us to develop a tool to help you determine whether your therapist will be responsive to your LGBTQ+ identity—especially if you are also a person of color.

When looking for LGBTQ-friendly therapy, there are two areas to pay attention to:

1. Client focus and specialties: Look for a therapist whose specialties reflect you and your needs. Consider clicking more or less areas of specialties to focus in on what you want to address in treatment and to get a longer or shorter list.

2. Do additional research: You can learn a lot about therapists based on what they put online. Start with the profile to help narrow your search and then continue research online. Find out what makes each therapist unique and who may resonate with you. Along with finding therapist that explicitly talk about LGBTQ-related issues or even the specific issue you're hoping to work through, look for other qualities that you think will help with the relationship. Ultimately, if this looks like a person you can trust, that's a great start.

Most therapists will do a 15-20-minute phone interview so you can see if they are a good fit. Be sure and ask questions about any information you

didn't see on the web such as insurance and payment information, their qualifications, approach to helping and anything else you are curious about. Ask them about their training, knowledge and experience in working with the LGBTQ population. If you have questions about a specific issue now is the time to ask.

Additionally, some therapists run group therapy sessions for specific communities and issues. For example, one such page lists "group therapy for gay men." Check for groups to find community and support from other people going through the same things as you.

If you aren't having any luck finding an LGBTQ-sympathetic therapist near you, look for a distance therapy option. Some therapists offer their through the phone or online video support. See if there is a LGBTQ community center in your area that can point you in the right direction.

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There are a few considerations when using pronouns:

1. Pronouns are not simply “preferred”, but necessary. The phrase “preferred pronouns” suggests that it is optional to use someone’s pronouns.
2. Pronouns should not be assumed. It is **acceptable to ask someone for their pronouns** especially during introductions.
3. **Pronouns can change** based on context, name changes, or a person’s gender journey.
4. It can be inclusive to **encourage others to share their pronouns in a group context**, but it is important to not make sharing pronouns mandatory as it may be uncomfortable for some people to disclose their pronouns.
5. It is appropriate to **use gender inclusive terms** including “everyone/all/y’all” (instead of ladies/gentlemen) “partner” (instead of boyfriend/girlfriend/wife/husband), “they” (instead of he/she), “folks” (instead of you guys/ladies) and “person” (instead of man/woman) in order to avoid assuming other’s pronouns or gender identity.
6. Adding your **pronouns to email signatures or name tags** can show respect, allyship, and increase awareness about pronouns.

It is crucial to **advocate for gender pronoun items** to be added to forms, electronic medical records, and other useful documents.

How do I ask someone for their pronouns?

While it may seem uncomfortable to ask someone for their pronouns, it is crucial to not assume their pronouns. If you do not know someone’s pronouns, it is recommended to use their name instead. When you are speaking with the person, you can simply ask “what pronouns do you use?” to



learn about their pronouns. You can also share your pronouns in your own introduction to model openness around gender diversity and to normalize sharing of pronouns. In clinical settings, many patients desire to have their pronouns accurately documented in electronic medical records and should have this option available.³

What are the benefits of correctly using pronouns?

There are positive impacts to appropriately gendering or using pronouns for someone. The use of gender affirming language, such as appropriate names and pronouns, is associated with better mental health outcomes including reduced depression and suicide risk.⁴ Moreover, gender affirmative behaviors, such as asking for pronouns and consistently using those pronouns significantly increases engagement in medical care among Black transgender and

gender diverse youth in the United States.⁵ Thus, creating a safe and affirming culture within mental health care and medical centers is an important step in ensuring that gender diverse individuals seek and remain in care.

How do I recover from Mistakes?

Misgendering occurs when someone accidentally or intentionally uses incorrect pronouns to address someone else. Misgendering is invalidating, dismissive, and alienating for someone. Moreover, misgendering leads to psychological distress.⁶ We all make mistakes and it is considerate to learn from them.

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If you accidentally misgender someone else, it is important to quickly apologize, correct yourself, and move on. It is also recommended to not profusely apologize for the mistake because it could make the person feel at fault or obligated to comfort you. **The intent of the apology (as with all apologies!) should be to acknowledge the pain you have caused them, not to provide you with relief.**

It is crucial to not deliberately misgender someone. It is harmful, offensive, and harassment to misgender another person. In clinical settings, misgendering a person can lead to distress and embarrassment in the waiting area, as well as reduce the likelihood of seeking health services again.² Misgendering may also lead someone to feel unsafe or afraid. As an ally, it can be important to correct someone if you notice they are misgendering someone else. Always ensure that you have spoken with the person who was misgendered first to ensure you are aware of how they prefer to handle misgendering.



How do cultures and pronouns relate?

It is important to acknowledge cultural differences in uses of pronouns. Some languages make space for gender neutral pronouns including Bengali and Farsi. Additionally, some Indigenous North Americans celebrate Two-Spirit folks and honor multiple pronouns. In contrast, American Sign Language does not use gender pronouns. Some cultures have pronouns that are not easily expressed in English. In the clinical context, it can be important to discuss how someone's pronouns or gender are impacted by their cultural background and language.

References

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6. Goldenberg, T., Jadwin-Cakmak, L., Popoff, E., Reisner, S. L., Campbell, B. A., & Harper, G. W. (2019). Stigma, gender affirmation, and primary healthcare use among Black transgender youth. *Journal of Adolescent Health*, 65(4), 483-490.

NORCAL PROJECT OUTREACH



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SEPTEMBER 24 | 12-PM - 5PM LGBTQ+FESTIVAL
FREE EVENT | ALL AGES WELCOME

12 PM - 5 PM.....FESTIVAL
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8 PM.....DRAG SHOW

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6:30 - 8:30 PM

ADULT PROM (18+)
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SATURDAY, AUGUST 13
8:00 - 11:00 PM

QUEERAOKE
@NORCAL OUTREACH PROJECT
FRIDAY, SEPTEMBER 16
6:30 - 9:30 PM

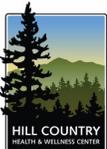
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Glossary of Terms

<https://www.hrc.org/resources/glossary-of-terms>

Many Americans refrain from talking about sexual orientation and gender identity or expression because it feels taboo, or because they're afraid of saying the wrong thing. This glossary was written to help give people the words and meanings to help make conversations easier and more comfortable. LGBTQ+ people use a variety of terms to identify themselves, not all of which are included in this glossary. Always listen for and respect a person's self identified terminology.

Ally | A term used to describe someone who is actively supportive of LGBTQ+ people. It encompasses straight and cisgender allies, as well as those within the LGBTQ+ community who support each other (e.g., a lesbian who is an ally to the bisexual community).

Asexual | Often called "ace" for short, asexual refers to a complete or partial lack of sexual attraction or lack of interest in sexual activity with others. Asexuality exists on a spectrum, and asexual people may experience no, little or conditional sexual attraction.

Biphobia | The fear and hatred of, or discomfort with, people who love and are sexually attracted to more than one gender.

Bisexual | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with pansexual.

Cisgender | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

Coming Out | The process in which a person first acknowledges, accepts and appreciates their sexual orientation or gender identity and begins to share that with others.

Gay | A person who is emotionally, romantically or sexually attracted to members of the same gender. Men, women and non-binary people may use this term to describe themselves.

Gender binary | A system in which gender is constructed into two strict categories of male or female. Gender identity is expected to align with the sex assigned at birth and gender expressions and roles fit traditional expectations.

Gender dysphoria | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify.

Gender-expansive | A person with a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system. Often used as an umbrella term when referring to young people still exploring the possibilities of their gender expression and/or gender identity.

Gender expression | External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender-fluid | A person who does not identify with a single fixed gender or has a fluid or unfixed gender identity.

Gender identity | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Gender non-conforming | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category. While many also identify as transgender, not all gender non-conforming people do.

Genderqueer | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

(Continued on page 8)

**SUNRISE MOUNTAIN WELLNESS
CENTER AND YOUNG PEOPLE IN
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BEHIND THE BANK OF AMERICA

Glossary of Terms

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Homophobia | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

Intersex | Intersex people are born with a variety of differences in their sex traits and reproductive anatomy. There is a wide variety of difference among intersex variations, including differences in genitalia, chromosomes, gonads, internal sex organs, hormone production, hormone response, and/or secondary sex traits.

Lesbian | A woman who is emotionally, romantically or sexually attracted to other women. Women and non-binary people may use this term to describe themselves.

LGBTQ+ | An acronym for “lesbian, gay, bisexual, transgender and queer” with a “+” sign to recognize the limitless sexual orientations and gender identities used by members of our community.

Non-binary | An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do. Non-binary can also be used as an umbrella term encompassing identities such as agender, bigender, genderqueer or gender-fluid.

Outing | Exposing someone’s lesbian, gay, bisexual transgender or gender non-binary identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

Pansexual | Describes someone who has the potential for emotional, romantic or sexual attraction to people of any gender though not necessarily simultaneously, in the same way or to the same degree. Sometimes used interchangeably with bisexual.

Queer | A term people often use to express a spectrum of identities and orientations that are counter to the mainstream. Queer is often used as a catch-all to include many people, including those who do not identify as exclusively straight and/or folks who have non-binary or gender-expansive identities. This term was previously used as a slur, but has been reclaimed by many parts of the LGBTQ+ movement.

Questioning | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

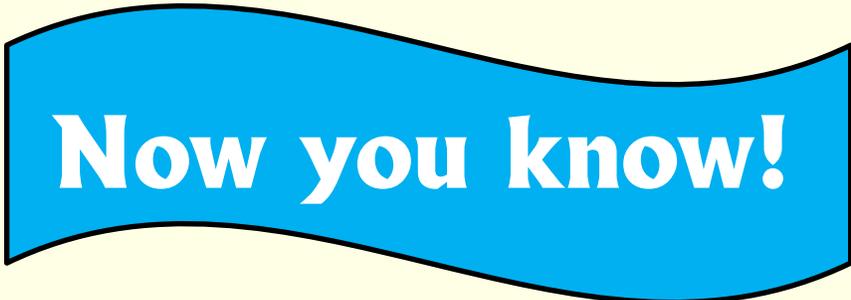
Same-gender loving | A term some prefer to use instead of lesbian, gay or bisexual to express attraction to and love of people of the same gender.

Sex assigned at birth | The sex, male, female or intersex, that a doctor or midwife uses to describe a child at birth based on their external anatomy.

Sexual orientation | An inherent or immutable enduring emotional, romantic or sexual attraction to other people. Note: an individual’s sexual orientation is independent of their gender identity.

Transgender | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Transitioning | A series of processes that some transgender people may undergo in order to live more fully as their true gender. This typically includes social transition, such as changing name and pronouns, medical transition, which may include hormone therapy or gender affirming surgeries, and legal transition, which may include changing legal name and sex on government identity documents. Transgender people may choose to undergo some, all or none of these processes.



Now you know!

Saturday
September 10
10 am-2 pm

RECOVERY HAPPENS

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EVENT

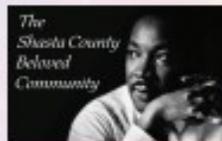
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Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

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- Develop a daily plan to stay on track with your life and wellness goals
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The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key

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Shasta County
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Sunrise Mountain Wellness Center is a program of Kings View and Sponsored by: Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.



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“My name is Fred. I have been going to the Wellness Center for a while now and I noticed the Friendship phone line on the bulletin board. Last night, at

2:00 AM in the morning, I couldn't sleep and I was feeling lonely, so, I tried the friendship line. A nice lady answered and we talked for a while about sleep disorders and how to get a good night's sleep. She was a good conversationalist and it took away the loneliness of the middle of the night. I would really recommend this hotline to anyone who lives alone or suffers from loneliness. I hope you try it out sometime.”



Do you want to learn to ride



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Shasta Peer Support Work Group

This meeting is for anyone in Shasta County who does Peer Work.
Your job/volunteer title does not have to be “Peer Support”.

Peer support is the “process of giving and receiving encouragement and assistance to achieve long-term recovery.” Peer supporters “offer emotional support, share knowledge, teach skills, provide practical assistance, and connect people with resources, opportunities, communities of support, and other people” (Mead, 2003; Solomon, 2004).

- ◆ Personal/Professional Support
- ◆ Skill Building
- ◆ Providing Community for Peer Work
- ◆ Problem Solving
- ◆ Education
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- ◆ Promote Peer Support
- ◆ Presentations
- ◆ Wellness Recovery Action Planning for Work
- ◆ Networking
- ◆ **BUSTING STIGMA!**



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for Aug-Sept-Oct

2022

8/26

9/9

9/23

10/14

10/28

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COMMUNITY RESOURCES

theowarmline

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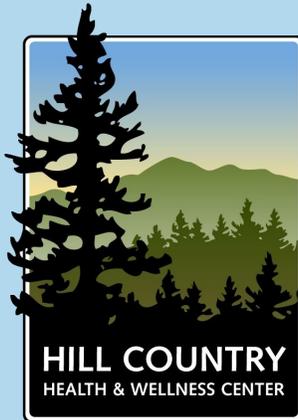


Based on the Recovery Model, the Northern Valley Talk Line (NVTL) provides non-crisis peer to peer telephone service to the community.

7 days a week from 11:30 am - 9:30 pm

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Shasta County's Response to Local Emergencies
COVID-19—Current Updates

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Sunrise Mountain Wellness Center

September 2022

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 (Inside the back of the Bank of America building)
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 Office Hours M-F: 8:00a-4:30p
 Groups 10:00a-4:00p

Check out our Facebook group: www.facebook.com/groups/258922969274217

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Upcoming Community Events 9/8 Health & Safety Fair 10-2 Shasta College 9/10 Recovery Happens 10-2 Riverfront Park 9/24 Redding PRIDE 12-5 Sundial Bridge</p>			10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition –Cal Fresh 1p Gaming (3hrs) 2:30p Extraordinary Exp (2hrs) 6:00p DBSA (1.5hrs)	10a Peers Supporting Peers 10a NVAL Art Museum 11a Written Expression 12p Lunch/Nutrition/Games 1p Art in Our Lives (2hrs) 2p 12 Step EA 3p Anxiety & Depression
CENTER CLOSED 	10a Peers Supporting Peers 11a Living with ADHD/ADD 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 6:00p 12 Step NA	<p>Staff Development & Center Planning No Groups</p> 	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition/Games 1p Gaming (3hrs) 2:30p Extraordinary Exp (2hrs) 6:00p DBSA (1.5hrs)	10a Peers Supporting Peers 10a Library 11a Written Expression 12p Lunch/Nutrition/Games 1p Art in Our Lives (2hrs) 2p 12 Step EA 3p Anxiety & Depression
10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition/Games 1p Art in Our Lives (1hr) 1p My Recovery is Epic(2hrs)	10a Peers Supporting Peers 11a Living with ADHD/ADD 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 6:00p 12 Step NA	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition/Games 12:30p WRAP Seminar I (3hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition- Cal Fresh 1p Gaming (3hrs) 2:30p Extraordinary Exp (2hrs) 6:00p DBSA (1.5hrs)	<p>Brandy Creek Beach Day Picnic 11:00 am -3 :00 pm Must sign up by 9/12</p> 
10a Peers Supporting Peers 10a Bowling 11a Boundaries 12p Lunch/Nutrition/Games 1p Art in Our Lives (1hr) 1p My Recovery is Epic(2hrs)	10a Peers Supporting Peers 11a Living with ADHD/ADD 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 6:00p 12 Step NA	10a Peers Supporting Peers 11a Peer Training 12p Lunch/Nutrition/Games 12:30p WRAP Seminar I (3hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition/Games 1p Gaming (3hrs) 2:30p Extraordinary Exp (2hrs) 6:00p DBSA (1.5hrs)	10a Peers Supporting Peers 10a Library 11a Written Expression 12p Lunch/Nutrition/Games 1p Art in Our Lives (2hrs) 2p 12 Step EA 3p Anxiety & Depression
10a Peers Supporting Peers 11a Boundaries 12p Lunch/Nutrition/Games 1p Art in Our Lives (1hr) 1p My Recovery is Epic(2hrs)	10a Peers Supporting Peers 10a Turtle Bay 11a Living with ADHD/ADD 12p Lunch/Nutrition/Games 1p Computer Lab 1p All Recovery 2p Yoga 6:00p 12 Step NA	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition/Games 12:30p WRAP Seminar I (3hr)	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition/Games 1p Gaming (3hrs) 2:30p Extraordinary Exp (2hrs) 6:00p DBSA (1.5hrs)	10a Peers Supporting Peers 11a Written Expression 12p Center Celebration 1p Movie & Popcorn 

For transportation support or info about Groups contact Ava Blass @ 530-351-2854 or ablass@kingsview.org
For info about Activities or WRAP Seminar I contact Christina Falosk @530-701-6476 or

Peers Supporting Peers and Center Advisory Committee will be offered both in person and on Zoom 10-11 am
 Join these groups on Zoom <https://zoom.us/j/8209944650> Meeting ID: 820 994 4650

SUNRISE MOUNTAIN WELLNESS CENTER

Sunrise Mountain Wellness Center
Groups M-F 10am-4pm

1300 Hilltop Rd, Suite 200, Redding CA 96003
(in the back of the Bank of America building)

zoom.us/j/8209944650 Meeting ID: 820 994 4650

For assistance in joining a group or for peer support
please contact the center at:
(530)-618-5630
or email: jcalkins@kingsview.org

Sunrise Mountain Wellness Center welcomes all adults, who enjoy a peer supported and directed wellness program that fosters recovery and resiliency.

These services include:

- Peer Support
- Socialization Opportunities
- Wellness Groups
- Recovery Activities
- WRAP

Sunrise Mountain Wellness Center is a peer support community focusing on hope, recovery, education, advocacy and peer support in a stigma free environment.

GROUP DESCRIPTIONS | RED = In Person & on Zoom BLUE = Support Group C = Closed Group YELLOW = New PURPLE = Workshop

12 STEP EMOTIONS ANONYMOUS (EA): Using the guiding principles of 12-Step programs, this group is for the purpose of working toward recovery from emotional difficulties. *(Anyone with emotional challenges is welcome.)*

12 STEP NARCOTICS ANONYMOUS (NA) (N): Using the guiding principles of 12-Step programs, this group can help you find the freedom to live your life without the use of drugs. *(Anyone with substance use challenges is welcome.)*

ALL RECOVERY MEETING: Come find community, as we learn skills to support our recovery. This meeting encourages all pathways to recovery. *(This group is open to all people in recovery with substance use, and allies to those in recovery.)*

ANXIETY & DEPRESSION: Gain skills to manage anxiety & depression while creating a community of support. *(No formal diagnosis necessary.)*

ART IN OUR LIVES: Bring out the Artist from within! Self-expression through Art can be very healing. We will focus on unleashing our creativity as we explore and work with a variety of mediums in a safe space. Art is for EVERYONE and EVERYONE at ALL levels of experience and skill are welcome.

BOUNDRIES: Personal boundaries are vital in order for us to thrive and be in healthy relationships. Boundaries are a way for us to practice self-care and self-respect. In a supportive, non-judgmental group we explore and learn new skills that can help us align our words with our actions when it comes to setting our boundaries.

CENTER ADVISORY COMMITTEE MEETING: Join the wellness center community and bring ideas, suggestions, solutions to improve, engage and empower our community. All are welcome to attend. Meets the 2nd and 4th Wednesday of each month.

COMPUTER LAB: Learn basic computer skills, create/use email, internet research and social media.

DBSA: Depression Bipolar Support Alliance (DBSA) provides hope, help, support, and education to improve the lives of people who have mood disorders.

EXTRAORDINARY EXPERIENCES: (C) A place where we can feel free to share and explore the possible meaning of our experience with hearing voices or having unusual beliefs in a non-clinical setting. *(This group is only open to those with extraordinary experiences.)*

GAMING: It's **GAME TIME!** Laugh out loud & have some fun. It can be so good for us to socialize with others who are also on a journey of wellness. We will be playing a variety of games like Nintendo Switch, Scrabble, D&D, Uno, Chess, Monopoly, and so much more! If you have a game you want to play BRING IT and teach us! Don't know how to play? No worries, we'll show you the ropes.

LIBRARY: The library is an amazing wealth of resources. Access to 3D printers, VR, sewing machines and even a podcast booth! 2nd & 4th Fridays of the month.

LIVING WITH ADHD/ADD: Even with challenges in attention and focus we can THRIVE! It's true that living with ADHD/ADD can impact our mental health and wellness, so join us as we learn skills that can help us manage this challenge. *(No formal diagnosis necessary.)*

LUNCH/NUTRITION/GAMES: Eat your lunch and learn about nutrition. Cal Fresh makes a visit on the first and third Thursdays of the month with great information about how to make healthy eating one of your wellness tools. When time permits we play a game of Uno or Ransom Notes or whatever suits our mood.

MY RECOVERY IS E.P.I.C.: The EPIC program is a peer-led life skills curriculum to help people of all ages who struggle with addiction to drugs or alcohol or are in recovery from a substance use disorder. This 10 week program begins 9/12/22

PEER SUPPORTING PEERS: Start your day in a safe and non judgmental space with your peers supporting one another. Now offered both in person and on Zoom.

PEER TRAINING: Learn the principles of wellness, recovery, peer support, communication, ethics and boundaries. *(This group is for anyone who wants to explore a career path in Peer Support or who wishes to be part of the Center Support Team.)*

POETRY: This is an opportunity to express yourself through poetry. Learn new skills and techniques in a supportive atmosphere.

WRITTEN EXPRESSION: A time to write. Whether you want to journal, write stories, letters to friends and family or write for the SMWC newsletter, this is a great way to improve your writing skills in a supportive environment.

WELLNESS TOOLS: Explore hundreds of tools to support your wellness & recovery.

WRAP Seminar I: Wellness Recovery Action Plan. A self-directed program to learn skills to manage mental health, physical health, chronic pain, anxiety & depression, substance use and ANY area of your life you would like to work on. This is a 6 week workshop. Each week builds on the previous one. You must attend 5 of the 6 sessions in order to receive a certificate. The certificate is a requirement if you want to become a WRAP Co-Facilitator in the future.

WRAP SUPPORT: Support for working on your WRAP- No WRAP experience necessary.

YOGA: Learn simple, basic and gentle beginning yoga moves. Let your body move with the flow.

Sunrise Mountain Wellness Center is a program of Kings View and Sponsored by: Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding for this project is provided through the Mental Health Services Act.