

SUNRISE MOUNTAIN WELLNESS CENTER NEWSLETTER

Back To Basics: Practical Mental Health Information

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Are there common warning signs for mental health conditions or crises? Specific factors that can lead to mental health conditions or even crises? What resources are out there – and how do I know if they're right for me?

Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone

you know is experiencing a mental health condition or crisis. Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for.

Everyone should have the support needed to thrive. Communities that have been historically and presently oppressed face a deeper mental health burden because of the added impact of trauma, oppression, and harm.

There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be.

Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry; and your habits and lifestyle such as a lack of sleep.

MAY IS MENTAL HEALTH MONTH 2022



Mental health is becoming more common in mainstream conversations and it can be an overwhelming topic if you're just starting to explore it.

We can help.

LEARN MORE AT [MHANATIONAL.ORG/MAY](https://mhanational.org/may)

Article continued on page 2

Article continued from page 1

Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental health. Take time to ask yourself about your thoughts, feelings, and behaviors to see if this is part of a pattern that may be caused by a mental health condition. Here are some questions to get you started: Have things that used to feel easy started feeling difficult?

Does the idea of doing daily tasks like making your bed now feel really, really hard?

Have you lost interest in activities and hobbies you used to enjoy?

Do you feel irritated, possibly to the point of lashing out at people you care about?

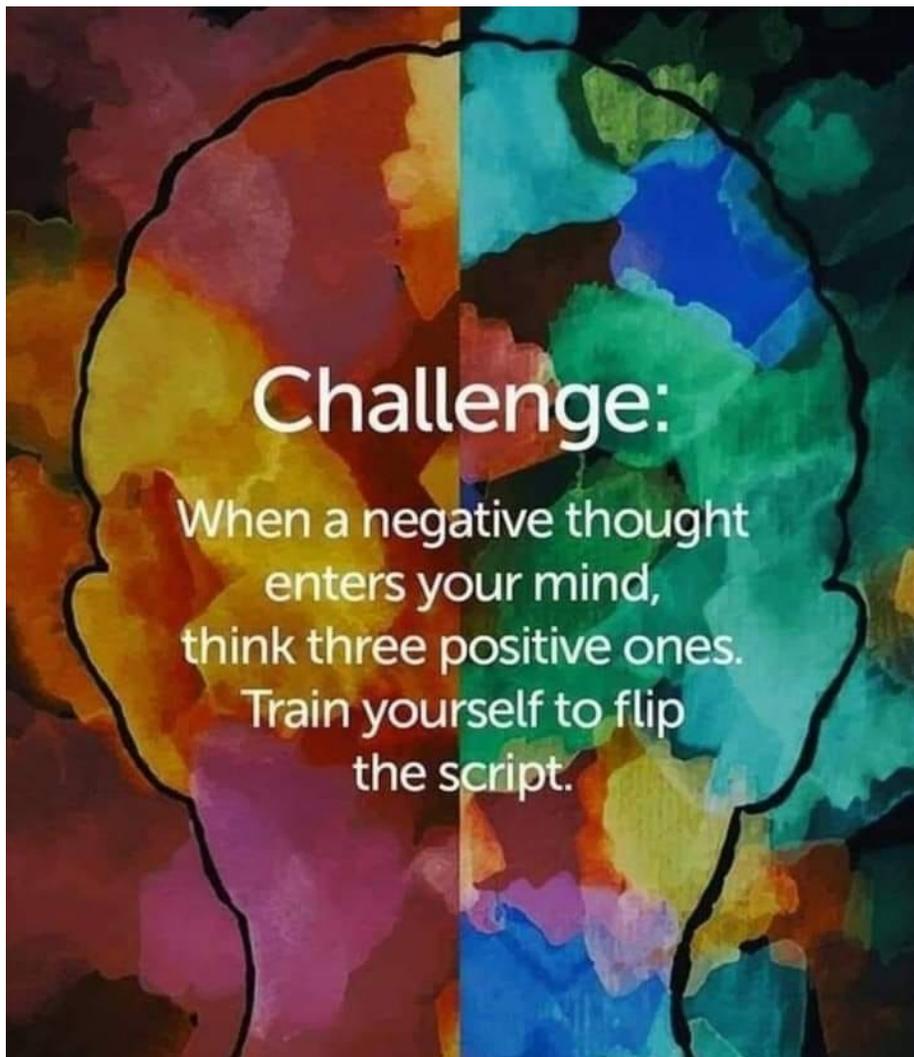
Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a really big step.

Taking a screen at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need.

While you may not need this information today, knowing the basics about mental health will mean you're prepared if you ever need it. **Go to mhanational.org/may to learn more.**



Artwork by Crystal Hurlbert



“What does wellness mean to me?”

by Crystal Hurlbert

Achieving wellness for myself means I get to a certain point where I know I am doing OK and I'm happy to be where I am, at that exact moment. I can enjoy what kind of person I am and who I am becoming. I believe that true wellness can be seen and learned from. When someone is well, their wellness shines on others as an example of what could be done so others could also become well. It's how you feel about yourself. When you're doing well you could strive to become better.

Achieving my own wellness is doing something that will produce a positive and healthy kind of peace. This kind of peace would come from within myself and project onto others. Wellness is something that can be achieved. I'm taking care of myself I am projecting something bright and someone else can notice my personal growth in my own wellness.

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends - make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.

Mental Health Month 2022 Events

Sunrise Mountain Wellness Center

Is proud to host these community events in May

All Events are Free to the Public

Intro To WRAP 6 pm - 8 pm Monday 5/16

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

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

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 recovery concepts and wellness tools into your plans and your life.

Meet & Greet 3-6 pm Wednesday 5/18

This is an opportunity to meet representatives from a variety of agencies that support mental health wellness and recovery in Shasta County. Join us for fun activities and light refreshments.

Hope Is Alive! Stand Against Stigma Open Mic Night

5:30-9:00 pm Friday May 20th

The Hope Is Alive! Open Mic Series **raises awareness about mental health struggles, substance use disorders, suicide and suicide loss.** We strive to use art and performance to fight stereotypes, promote healing and understanding.

Sign up for performances starts at 5:30 pm and performances start at 6:00 pm

Everyone is welcome.

For more information, contact Christopher Diamond at cdiamond@co.shasta.ca.us or 229-8484.



Shasta County
Health & Human
Services Agency

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.

20 Ways to Practice Gratitude

Benefits of Gratitude

Greater interconnectedness
 Good health
 Goal achievement
 More energy
 Better sleep
 More generous
 Less judgemental
 Better sharers
 UCA Gratitude Research

Those who kept a journal and detailed their gratitude were 25% happier than those who did not. UCA Gratitude Research

Practicing gratitude decreases depression.

People who practice gratitude are less self-centred.

A growing body of research shows that gratitude is truly amazing in its physical and psychosocial benefits. University of Texas Health Science Center

For those who practice gratefulness, there is a sense of respect toward others. Dalai Lama

Quotes About Gratitude

Gratitude is an affirmation that there are good things in life and it's an affirmation of relationships with people who give us good things. Thnx40rg

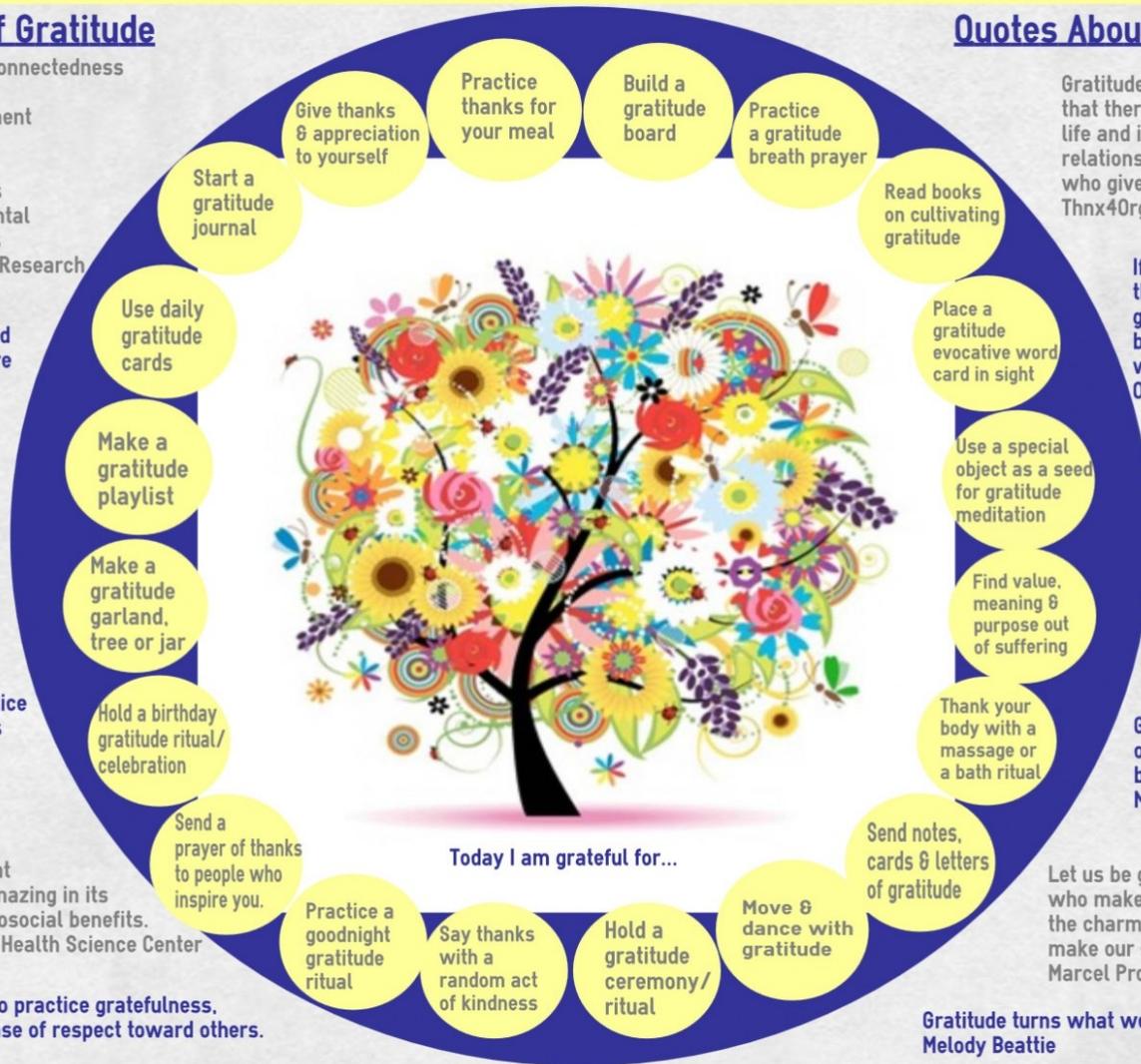
If you've forgotten the language of gratitude, you'll never be on speaking terms with happiness. Ocean Robbins

The single greatest thing you can do to change your life today would be to start being grateful for what you have right now. Oprah

Gratitude is an opener of locked-up blessings. Marianne Williamson

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom. Marcel Proust

Gratitude turns what we have into enough. Melody Beattie



Copyright Jodie Gale 2013 | jodiegale.com | facebook.com/mindfulwomen

Questions to Help Explore Gratitude

- What's something you witnessed recently that reminded you that life is good?
- What's something you witnessed recently that reminded you that people are good?
- How many of your basic needs do you not need to worry about meeting today?
- What event or interaction made you feel good about yourself recently?
- How have you made personal progress lately?
- What simple pleasures did you enjoy—or *can* you enjoy—today?
- What's the most beautiful thing you saw today?
- What's something enjoyable you get to experience every day that you've come to take for granted?
- What's the kindest thing someone has done for you lately?
- How do your friends and/or family members show they care about you?
- What's your favorite thing about your bed, and how often does it enable you to get restful sleep?

Potter

by John Bergen

While walking through the mire on that dark and rainy day, He thrust His hand into the earth below to grasp a piece of clay. With His arm deep in the mire He quickly brought it out. And thrusting His hand towards the heavens, all creation heard Him shout. Darkness flee, you shall hang no more. Son, You begin to shine, for I am holding in My very hands a piece of clay that is mine. He grinned as He began to walk, joyfully kneading His find. Picking the rubble, roots, and such, to lay on the trail behind.

As He entered into His glory, the potter cast it on the wheel and while gazing with joy upon His lump of clay, His hands began to feel for imperfections and lack of grit its tolerance he would choose for weaknesses that while in the fire, that might destroy or confuse, as the wheel began steadily turning his fingers form the clay, As He carefully shaped His new vessel all the heavens heard Him say, I will cover this in my glory and its brilliance will always shine for I am forming now with these age-old hands of vessel that is mine.



He began by smoothing the roughness on this vessel formed with care. Then He engraved upon it His likeness for the trials it would bare. As He placed it in the fire, He released a desperate sigh and as the heat began to increase a tear fell from his eye. As He fanned the glowing embers, He spoke of things unknown. Of castles, crowns and kingdoms that would someday be its Home. When it had stood through the firings, He retrieved it from the flame. Then He glazed it with His goodness and blessed it with a name.

He then placed it with the others, He would soon prepare to fill. And yet

again inside the fire, He would test its strength and will. After the firings and the trials had created something new, the Potter stood rejoicing, for his vessel was tried and true. I will set this one in a special place for it is a treasure that I must share. They have never seen a vessel like this one, so glorious and so rare. Yes! I will fill it with My spirit, all the heavens heard Him tell. For I have named this vessel Peer and they shall serve My purpose well.

John Bergen is a Peer Support Specialist with Shasta County Mental Health.

When he isn't engaged in peer support you can often find him in his beautiful garden.



Friendship Line California



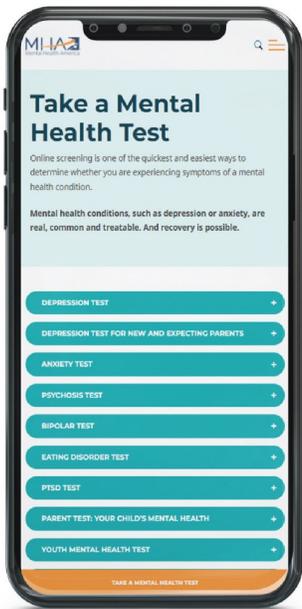
1 (888) 670-1360



For Seniors 65 and over

“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.”



BACK TO BASICS

Feeling like something “isn't quite right”?

Taking a free, anonymous mental health screen at mhascreening.org is one of the quickest and easiest ways to determine if what you are experiencing might be signs of a mental health condition.



LEARN MORE
mhanational.org/may

ART'S PASSION - Art Mesta is an artist/burn survivor whose life was dramatically changed April 13th, 2002, when he attempted to rescue his brother from a house fire. He has been left with significant and obvious scarring for which he has had various reconstruction surgeries. Art has been an artist all his life. As a child, he grew up drawing, making cards for his sick mother. Whenever time permitted, you could find him drawing during his classes at school. Art was left-hand dominant prior to his injury, but the accident has left him without his left hand. He now draws with his right hand, which also has some challenges. According to Art, his artistry has improved because talent lies within the mind. After his injury, Art has picked up airbrushing, leaving behind his pastels and pencils. Today he is absorbed and challenged with each piece he creates.

Art enjoys his time at the Sunrise Mountain Wellness Center. His favorite groups are Extraordinary Experiences, WRAP and Game Time where he enjoys a spirited game of Uno.



**Whether it's your friends, family,
or community, everyone needs
someone to lean on.**

If you don't know where to turn, you can text
HOME to 741741.

A volunteer Crisis Counselor with
Crisis Text Line will be there for you.
It's free and 24/7.



Sunrise Mountain Wellness Center

Is proud to offer



WELLNESS RECOVERY ACTION PLAN

Your Wellness Your Way

8 week Seminar I

Every Wednesday 2:00 pm - 4:30 pm

June 8th , 2022 through July 27th , 2022

Participants must attend at least 7 sessions to receive certificate.

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

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

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 recovery concepts and wellness tools into your plans and your life.

Register Today

Call: (530)-618-5630

Email: cfalosk@kingsview.org

Location

1300 Hilltop Rd. Suite 200

Redding, CA 96003

(Inside the back of the Bank of America building)



**Shasta County
Health & Human
Services Agency**



WELLNESS • RECOVERY • RESILIENCE



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.

Sunrise Mountain Wellness Center

SKILLS QUEST / COMPUTER LAB

1:00 pm - 2:00 pm Tuesdays & Wednesdays

Adulting is HARD so why not learn some practical skills that will up your game!

- ◇ BASIC COMPUTER SKILLS
- ◇ FINANCIAL LITERACY
- ◇ CAREER EXPLORATION
- ◇ RESUME WRITING
- ◇ INTERVIEW SKILLS
- ◇ DEBT MANAGEMENT



Do you want to learn to ride **RABA**?

A Peer Support Specialist can help you learn how. They will even ride the bus with you as you learn your way around. Sign up today and learn how to figure out what bus to take, where the stops are, transfer to other buses and how to read the route map.

For more information or to sign up call Christina Falosk at (530)-618-5630



COMING IN JUNE

EPIC

**Engaged-Peer Driven-Integrated-
Community**

**Mondays from 2pm-4pm @
Sunrise Mountain Wellness
Center**

1300 Hilltop Dr, suite 200. Redding Ca 96003

Young People in Recovery (YPR) is pleased to offer My Recovery is EPIC: a ten week, peer-led life skills training program for people of all ages who are in or seeking recovery, and their allies in the community.

COMMUNITY RESOURCES

theowarmline

CALL 855-845-7415 TO SPEAK TO A COUNSELOR

The Peer-Run Warm Line—which began operation in 2014—is a non-emergency resource for anyone in California seeking mental and emotional support. We provide assistance via phone and web chat on a nondiscriminatory basis to anyone in need. Some concerns callers share are challenges with interpersonal relationships, anxiety, pain, depression, finances, alcohol/drug use, etc.



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

**Toll Free:
855-582-5554**

NATIONAL

**SUICIDE PREVENTION
LIFELINE™**

1-800-273-TALK (8255)

suicidepreventionlifeline.org

COMMUNITY RESOURCES CONTINUED



NORCAL OUTREACH PROJECT

SERVING THE LGBTQ+ COMMUNITY IN RURAL FAR NORTHERN CALIFORNIA

Seeking to improve the lives of everyone by increasing understanding, acknowledgment, visibility and appreciation of the LGBTQ+ community, thereby making rural northern California a safer and more accepting place for all.

2553 Victor Ave., Suite A, Redding, California 96002 | (530) 949-6267

www.norcaloutreach.org

Join the
Sunrise Mountain Wellness Center Peer Group

Peers Supporting Peers

Meets every day at 10 am . We are in person and on Zoom.

Start your day in a safe and non-judgmental space with your peers supporting one another.

Join the peer groups by computer, tablet or smart phone by clicking the link below:
us02web.zoom.us/j/8209944650 or

call: 877-853-5257 (US Toll-free)

or 888-475-4499 (US Toll-free)

Enter Meeting ID#: 820 994 4650



NAMI

National Alliance on Mental Illness

NAMI Shasta County Family Support Group

1st & 3rd Tuesday of every month

6:30pm - 8:30pm

Hill Country Care Center

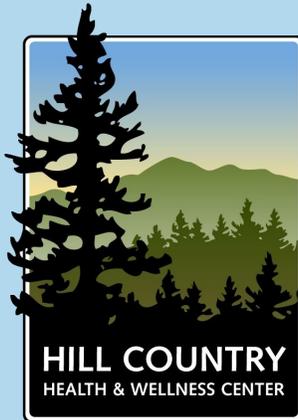
1401 Gold St. Redding, CA 96001

(530) 691-4450

www.NAMI.org

Get Involved!

COMMUNITY RESOURCES CONTINUED



Hill Country Care Center
Mental Health Resource Center
Urgent Mental Health Services
Assessment & Intervention
Recovery Support & Crisis Prevention
M-F 12pm-9pm | Sat-Sun 11am-9pm
1401 Gold Street Redding, CA 96001

(530) 691-4446

www.hillcountryclinic.org



Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your health care.

Services offered for women and men.

2935 Bechelli Lane

Redding, CA 96002

530-351-7100

www.plannedparenthood.org



North American Mental Health Services
Healing and Wellness through Mental Health
Services - Telehealth Services
Therapy & Help with Medications

M-Th 8am-5pm, Fri 8am-4:30pm

1742 Oregon Street Redding, CA 96001

(530) 646-7269

www.namhs.com



Northern Valley
Catholic Social Service
INSPIRING HOPE & TRANSFORMING LIVES

2400 Washington Ave
Redding, CA 96001-2832

(530) 241-0552

(800) 846-1451

www.NVCSS.org

COMMUNITY RESOURCES CONTINUED



Redding Regional Office
3688 Avtech Parkway
Redding, CA 96002
Phone: (855) 798-8760
Member Services: (800) 863-4155

Partnership HealthPlan of California (PHC) is a non-profit community based health care organization that contracts with the State to administer Medi-Cal benefits through local care providers to ensure Medi-Cal recipients have access to high-quality comprehensive cost-effective health care.

www.partnershiphp.org



Quality Health Care for all Medi-Cal Pa-

HOURS OF OPERATION

FAMILY PRACTICE & URGENT CARE:

MONDAY - FRIDAY: 7AM - 6PM

URGENT CARE :

SATURDAY - SUNDAY: 9AM - 6PM

3184 Churn Creek Road

Redding CA 96002

Phone: (530)768-2436

www.rrths.org/churn-creek-healthcare



Shasta Community Health Center

Urgent Health Care - Dental Care

Education - Health Care/Project Hope

Recovery Support

Shasta Health Connection

M-Th 8am-8pm

(closed from 8a-9:30a on 1st Tues of every month)

Fri 8am-5pm - Sat 9am-1pm

1035 Placer Street Redding, CA 96001

(530) 229-5115

www.shastahealth.org



Shasta Ready

Shasta County's Response to Local Emergencies

COVID-19—Current Updates

www.ShastaReady.org

COMMUNITY RESOURCES CONTINUED



DEPARTMENT of REHABILITATION
Employment, Independence & Equality

Redding Branch Office

1900 Churn Creek Road
Suite #100
Redding, CA 96002
(530) 224-4708
www.dor.ca.gov



SMART
Workforce Center

America's **JobCenter**
of CaliforniaSM

M-F 8am-5pm
1201 Placer St
Redding, CA 96001
(530) 246-7911
www.thesmartcenter.biz



Shasta County Health & Human Services Agency
Stand Against Stigma
Changing minds about mental illness

STAND AGAINST STIGMA COMMITTEE

Know The Truth

- Mental health problems affect almost every family in America.
- People living with mental illness make important contributions.

Make A Difference

- Learn and share the facts about mental illness and suicide.
- Treat people who live with mental illness with dignity and respect.

Committee meets at 1:30 pm the
Second Tuesday of every month
(530) 229-8484
<https://standagainststigma.com/>



Shasta County Health & Human Services Agency

Adult Mental Health Services
Main Office hours: 8am - 5pm
2640 Breslauer Way,
Redding CA 96001
(530) 229-8400
www.co.shasta.ca.us/index/hhsa



WELLNESS · RECOVERY · RESILIENCE



SHASTA 211
Get Connected. Get Answers.

Call 2-1-1 to connect with a call specialist for personalized service any time, day or night.
(Callers from out of county or TTY users may dial 855-211-7822.)
<https://211norcal.org/shasta>

Sunrise Mountain Wellness Center

May 2022

Contact the Center
1300 Hilltop Rd. Suite 200
Redding, CA 96003

(Inside the back of the Bank of America building)

(530)-618-5630

Monday-Friday: 8:00a-4:30p

MONDAY 10 AM—4 PM	TUESDAY 10 AM— 4 PM	WEDNESDAY 10 AM –4 PM	THURSDAY 10 AM—4 PM	FRIDAY 10 AM—4 PM
10a Peers Supporting Peers 11a Crafting Fun 12p Lunch/Nutrition 1p Writing Hour 2p Art in Our Lives (2hrs) 3p Move it! Move it! (N) 2	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 3	Limited Groups Today Staff Development & Center Planning 2p WRAP Seminar I (2.5hr) 4	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition - Cal Fresh 1p Gaming (2hrs) 1p 12 Step DRA 2p Extraordinary Experiences (2hrs) 5:30p DBSA (2hrs) 5	10a Peers Supporting Peers 11p Building the Life I Want 12p Lunch/Nutrition 1p Poetry or Turtle Bay (2hrs) 2p Art in Our Lives (2hrs) 3p Anxiety & Depression 6
10a Peers Supporting Peers 11a Crafting Fun 12p Lunch/Nutrition 1p Writing Hour 2p Art in Our Lives (2hrs) 3p Move it! Move it! (N) 9	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 10	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p 12 Step EA 2p Art in Our Lives (2hrs) 2p WRAP Seminar I (2.5hr) 11	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition 1p Gaming (2hrs) 1p 12 Step DRA 2p Extraordinary Experiences (2hrs) 5:30p DBSA (2hrs) 12	10a Peers Supporting Peers 11p Building the Life I Want 12p Lunch/Nutrition 1p Poetry or Bowling (2hrs) 2p Art in Our Lives (2hrs) 3p Anxiety & Depression 13
10a Peers Supporting Peers 11a Crafting Fun 12p Lunch/Nutrition 1p Writing Hour 2p Art in Our Lives (2hrs) 3p Move it! Move it! (N) 16 6p-8p Intro to WRAP 16	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 17	10a Peers Supporting Peers 11a Peer Training 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p 12 Step EA 2p NO WRAP or Art TODAY 3p-6p Meet & Greet 18	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition - Cal Fresh 1p Gaming (2hrs) 1p 12 Step DRA 2p Extraordinary Experiences (2hrs) 5:30p DBSA (2hrs) 19	10a Peers Supporting Peers 11a Building the Life I Want 12p Lunch/Nutrition 1p Poetry or Turtle Bay (2hrs) 2p Art in Our Lives (2hrs) 3p Anxiety & Depression 5:30p-9p HOPE IS ALIVE! Open Mic - Stand Against Stigma 20
10a Peers Supporting Peers 11a Crafting Fun 12p Lunch/Nutrition 1p Writing Hour 2p Art in Our Lives (2hrs) 3p Move it! Move it! (N) 23	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 24	10a Center Advisory Committee 11a Peer Training 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p 12 Step EA 2p Art in Our Lives (2hrs) 2p WRAP Seminar I (2.5hr) 25	10a Peers Supporting Peers 11a Wellness Tools 12p Lunch/Nutrition 1p Gaming (2hrs) 1p 12 Step DRA 2p Extraordinary Experiences (2hrs) 5:30p DBSA (2hrs) 26	10a Peers Supporting Peers 11a Building the Life I Want 12p Center Celebration Lunch 1p Movie & Popcorn 27
CLOSED for Memorial Day 30	10a Peers Supporting Peers 11a WRAP Support 12p Lunch/Nutrition 1p Skills Quest/Computer Lab 1p All Recovery 2p Yoga 3p Living with ADHD/ADD 31	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 (N) = New Group RED = Center & Zoom BLUE = Support Group GREEN = 8 week Workshop		

For transportation support or information about Groups, Activities & WRAP Seminar I
Please contact Christina Falosk @ 530-618-5630

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 N=New

12 STEP DUAL RECOVERY ANONYMOUS (DRA) (C) : Using the 12 guiding principles of the AA-12 step program, this peer led support group is geared for anyone who has experienced addiction and mental health challenges. *This group is only open to those with dual diagnosis.*

12 STEP EMOTIONS ANONYMOUS (EA): Using the 12 guiding principles of the AA-12 step program, this peer-led support group is geared for anyone who has experienced difficulties with their emotions.

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.

BUILDING THE LIFE I WANT TO LIVE: The life you want doesn't just happen. Learn about how to improve your quality of life, set and reach your goals, find purpose, tackle big projects, develop strategies for success and engage support.

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.

CRAFTING FUN: Learn how to transform a creative idea into a fun craft project, using everyday items.

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.

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 need to have an official diagnosis.

LUNCH/NUTRITION : Eat your lunch and learn about nutrition. Don't worry, if you didn't bring your lunch we will always have some healthy options available for you.

MOVE IT! MOVE IT!: (N) Physical activity can have a positive impact on our mental health. Join us as we get moving and explore a variety of fun, easy, accessible ways to include physical activity into our lives.

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 any member 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.

SKILLS QUEST/COMPUTER LAB: Adulting is HARD so why not learn some practical skills that will up your game! We will be looking at financial literacy, basic computer skills, career exploration, resume writing, interviewing skills, debt management and more.

THE WRITING HOUR 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 an 8 week workshop. Each week builds on the previous one. You must attend 7 of the 8 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.