Harmony House
Groups and Events
343 Yolo St. Orland

JANUARY 2017

Transportation Schedule
Arrivals: Return Times:
10:00am 12:00pm
1:00pm 3:30pm
Please call 24 hrs in advance for transportation @865-6459

Mon	Tue	Wed	Thu	Fri
2. **CLOSED FOR NEW YEAR'S**	*3.* **10:30-11:30** Creative Expression	*4.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*5.* **10-12** Sana Mente **1:30-3 WRAP** Group	*6.* **10:30-12** Busy Hands **11-12** Men's Group **12-1** Anti-Stigma **1:30-3** Mixed Media Art Group
9. **1-3** Global Culinary Delights	*10.* **10:30-11:30** Creative Expression	*11.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*12.* **10-12** Sana Mente **1:30-3 WRAP** Group	*13.* **10:30-12** Busy Hands **11-12** Men's Group **1:30-3** Mixed Media Art Group
16. **CLOSED FOR MLK JR. DAY**	*17.* **10:30-11:30** Creative Expression	*18.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*19.* **10-12** Sana Mente **1:30-3 WRAP** Group	*20.* **10:30-12** Busy Hands **11-12** Men's Group **1:30-3** Mixed Media Art Group
23. **1-3** Global Culinary Delights	*24.* **10:30-11:30** Creative Expression	*25.* **10:30-12** Nurturing Parents Support Group **10:30-12** Artistic Expressions **1-3** Grief and Loss Support Group	*26.* **10-12** Sana Mente **1:30-3 WRAP** Group	*27.* **10:30-12** Busy Hands **11-12** Men's Group **12-1** ***Consumer Voice*** **1-2:30** ***Chinese New Year Event***
30. **1-3** Global Culinary Delights	*31.* **10:30-11:30** Creative Expression	**No appointment necessary for any activities. Showers are available 2:30 to 4pm.** **Drop in hours are: Monday 12 to 4:30pm and Tuesday —Friday 10am to 4:30pm.** **This calendar is subject to change.** **Please visit our Facebook page:** https://www.facebook.com/harmonyhouseorlandca		

Group and Event Descriptions

Groups:

1. **Global Culinary Delights:** This group focuses on encouraging healthy eating and cooking habits as well as giving participants a place to socialize and learn new, healthy recipes and share their own cooking tips and recipes. Facilitated by John.
2. **Nurturing Parents Support Group:** Nurturing Parents is a proven program for parents and their children that is intentionally recognized for enhancing self worth, empathy, discipline, and empowerment. Facilitated by David Prest.
3. **Artistic Expressions:** This is a group for people to come together and create various forms of art through different media and techniques plus an art-related field trip once a month. This is an all-inclusive group for beginners, advanced artists, and everyone in between! Facilitated by John.
4. **Sanamente:** This is a Spanish speaking process group. Facilitated by Linyu.
5. **Busy Hands:** Busy hands is a group that provides opportunities for peer support and socialization while keeping your hands busy by performing varying crafts (Latch-hook rugs, coloring and crochet). Consumer-run.
6. **Men's Group:** A support group for men addressing men's mental health, wellness and recovery concepts. Facilitated by John and Irvin
7. **Consumer Voice:** Where consumers gather to obtain new information, as well as convey ideas and suggestions as members of the Harmony House community. Facilitated by Suzi.
8. **Anti-Stigma (P.E.A.C.E.):** Focuses on supporting individuals in need and reducing mental health stigma by promoting mental health education and awareness through resources and support systems. Facilitated by Suzi.
9. **WRAP Group:** "Wellness Recovery Action Planning" is an 8-12 week group with focus on individual strengths, purpose, self-awareness and self-esteem while creating a vision of hope for the future. Facilitated by Patti and Suzi.
10. **Creative Expression:** Utilize self-expression to explore various ways of communicating through various mediums of creativity. I.E.—Poetry, acting, readings, movements, etc. Facilitated by Suzi
11. **Grief and Loss Support Group:** In this group, participants will learn ways to manage their grief and recover from loss. Participants will learn what grief and loss are, the 5 stages of grief, coping strategies, and more. Facilitated by Linda Thao.
12. **Mixed-Media Group:** This is an art group focused on the technique of combining multiple kinds media (paint, pencil, pen, etc.) to create beautiful pieces of art. No experience needed, materials provided. Facilitated by Holly

January Events:

1. **Chinese New Year Event:** This will be a cultural, socialization event in which we will learn about and celebrate the Chinese New Year, the year of the Rooster!