

Santa Fe Clubhouse PSR “ACTIVE ARTS” Schedule, February 2020

1318 Luana Street, Santa fe NM 87505 Hours: Monday – Friday, 8:30am – 3:30pm

505-395-2503

:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| TED Talks 10:00 – 11:00 AM Beth | Non-violent Communication 10:00-11:00 AM Candice | Art therapy group to be announced group will be 10:00-11:30 and will begin on 2/12/2020 | Mandala Meditations 9:15-10:45 | Freestyle Art Class 9:30-12:00 Robyn |
| Meditation Group 11:00-12:00 Guest-Led Meditation | Coping with Grief and Loss 11:00-Noon Krista | | Tranquility Group <i>Coping with Anxiety and Stress</i> 11:00 – 12:00 pm Laura | Movie Time 9:00-11:00 If interest. |
| LGBTQIA Support Group 12:00-1:00 Robyn | Poetry Class 12:00-1:00 Robyn | Member/Staff Meeting 12:00-12:30pm All are welcome | Bi-Polar Support Group 12:00-1:00 Robyn | Guest Artist: Michelle R. Painting Class 1:00-3:00pm |
| Write for Your Life 1:00-2:00 Laura | Easy does it Yoga 1:00-2:00 Laura | Recovery Topics 1:00-2:00 Teresa | Job Training Program 1:00-2:00 Candice and Laura | Joy of Karaoke Singing group 1:30 pm-3:00 Beth |
| Hearing Voices 2:00-3:00 Pamela and David (Las Alas Group Room) | Mindfulness 2:00-3:00 Art | | Joy of Karaoke Singing Group 2:00pm – 3:00 pm Beth | |

Santa Fe Clubhouse PSR “ACTIVE ARTS” Schedule, February 2020

1318 Luana Street, Santa fe NM 87505 Hours: Monday – Friday, 8:30am – 3:30pm

505-395-2503

Art Therapy Mandala Meditations Group: Thursdays at 9:15am-10:45 Journey into a creative mindfulness meditation drawing process to reduce anxiety, process emotional experiences non-verbally, relax from the stresses of daily life, enhance focus and presence, develop a useful coping tool, participate in a supportive community experience, including quiet meditative music, with optional group sharing.

Beading Group: 1st and 3rd Wednesdays of the month, 1:30-3:00 pm. Learn how to make beautiful beaded jewelry. Beads are supplied. (meets 1st and 3rd Wednesday of the month)

Clubhouse Newsletter Fridays at 12:00-1:00 members worked on producing bi-monthly newsletters. .

Easy Does it Yoga: Wednesdays 11:00-12:00 Do you have stress in your life? Do you have stiffness in your body? Do you want to feel better? Come to our yoga classes: very gentle stretches. Breathing, ND meditations. For all levels, work accordingly to YOUR body.

Emotional Wellbeing: Tuesdays 11:00-12:00 This group will be an overview into finding and maintaining emotional wellness. Our discussions will include a generalized review of ways to live our best lives while coping with mental illness.

Freestyle Art Class: Fridays 9:30-11:00 Members will explore basic mediums to create art for healthy ways of spending time and grounding.

Guest-Led meditation: Mondays at 11:00-12:00. Learn to meditate with Guest meditation community, no prior experience needed. All are WELCOME!!

Hearing Voices Support Group: Monday, 2:00-3:00pm. Support group for those who hear voices and want to learn ways of coping with them. Group is a non-judgmental and safe place to explore ways of increasing wellbeing and control over daily activities.

Joy of Karaoke Group: 1:00 PM-2:00 PM Thursday. 1:00-1:30 pm on Friday. Sing your way to 2019.

LGBTQIA Support Group: Mondays, 12:00-1:00 This is a safe space for people who identify as either Lesbian, Gay, Bisexual, Transgender/Gender non-conforming, Intersex, and Asexual to address mental health issues, homelessness, social stigma, other concerns specific to this community, and to gain support from others.

Life on Life's Terms: Tuesdays at 1:00-2:00 Members discuss and practice skills for increasing self worth.

Member Cooking: Wednesday, 9:30-12:00 pm: Learn safety guide lines; obtain Food Handlers' certificate, basic cooking skills. Need a minimum of 3 Clubhouse Members.

Member Staff Meeting: Wednesday, 12:30-1:00 pm. Join in the discussion to co-create a safe and nurturing environment for Life Link clients.

Non-Violent Communication: Tuesday 10:00-11:00am Want to be less reactive in difficult circumstances? Desiring more heart-connection? NVC is a skills-building practice of: being clear with what's happening, honoring your feelings and needs, and transforming conflict into intimacy.

Painting Class: Friday, 1:00-3:00 pm: an acrylic painting class for any level of artist. Supplies will be provided. Facilitator: Michelle

Self Care Group: Tuesdays 2:00-3:00 cover various topics related to self care.. (WILL RESUME IN MIDDLE JAN)

TED TALKS: Monday, 10:00-11:00 am View a short TED Talk, and dive into critical thinking and conversation

Tranquility Group: Coping with anxiety and Stress: Every Thursday 11:00-12:00. Group covers different topics, practice simple skills every session. Meet people and share your successes/challenges in dealing with anxiety and stress.

Write for your life: Mondays at 1:00-2:00. In this class, we will write about events in our lives that may feel incomplete with the intention of broadening our perspective, getting know ourselves better, and freeing ourselves from old conditioning and pain.