



WELLBEING
INITIATIVE, INC.

YOU ARE INVITED TO JOIN **FREE** GROUPS AND CLASSES THAT SUPPORT YOUR OVERALL WELLNESS

Wellness and Education Center

LEARN, GROW, MOVE, CONNECT

Monday

10:30am-11:30am Whole Health and
Wellness - 8 Dimensions of Wellness
12:00pm-1:00pm Open Recovery Group
4:00pm-5:00pm Parent/Caregiver Support
6:00pm-7:00pm Neurodiversity Support

Wednesday

9:00am-10:00am Whole Health
Employment Support
12:00pm-1:00pm Whole Health and
Wellness - 8 Dimensions of Wellness
2:00pm-3:00pm Co-Reflection for PSSs
(2nd & 4th Wed. of the month)
3:30pm-4:30pm Yoga - 8 Dimensions of
Wellness

Friday

10:30am-12:00pm Self-Advocacy Group
1:00pm-2:00pm Whole Health and
Wellness - 8 Dimensions of Wellness

Tuesday

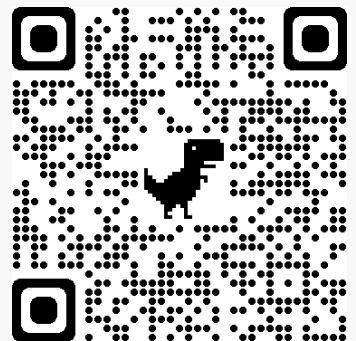
9:30am-10:30am Physical Health and Wellness
11:00am-12:30pm WRAP
1:00pm-2:00pm SMART Recovery
2:00pm-3:00pm Pathways to Recovery
5:30pm-7:00pm Y12SR - Yoga 12-Step Recovery

Thursday

8:00am-9:00am Yoga - Mindful Movement
9:30am-10:30am Open Recovery Group
11:00am-12:30pm WRAP
2:00pm-3:00pm Creative Connections
3:30pm-4:30pm SMART Recovery



FOR MORE INFO SCAN HERE!



(531) 254-5451



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www.wellbeinginitiatives.org



GROUP AND CLASS DESCRIPTIONS

Whole Health and Wellness:

Participants will utilize the 8 Dimensions of Wellness to explore the various elements of their own wellness journey.

Open Recovery Group:

A space for people walking a path of recovery to receive support, connection, understanding, and hope.

Parent/Care Giver Support:

A place where parents and caregivers support one another with the challenges, topics, and celebrations related to raising and caring for children.

Neurodiversity Support:

Whether you're autistic, you have adhd, ocd, cptsd, or more –join us! All are welcome to discuss our experiences with life, work, wellness tools, & more.

Physical Health and Wellness:

A group focused on learning together and discussing the many aspects of physical health, and supporting one another on their physical health journey.

WRAP:

Wellness Recovery Action Plan (WRAP) process supports you in identifying the tools that keep you well and create action plans to put them into practice in your everyday life.

SMART Recovery:

Self-Management and Recovery Training (SMART) is an evidenced-based recovery method that supports people with substance dependencies or problem behaviors.

Pathways to Recovery:

In this group, participants will share about recovery pathways that have worked for them, and learn about new pathways that are available.

Y12SR – Yoga of 12 Step Recovery:

This holistic group includes: The somatic approach of Yoga, cognitive approach of recovery models, and the latest research in neuroscience and trauma healing.

Whole Health Employment Support:

A program that takes a new look at how to support people who are seeking not only to be employed, but to stay well while doing so.

Co-Reflection for PSS:

A space where Peer Support Specialists come together to support each other in the work they're doing, and in the lives they're leading.

Yoga Class – 8 Dimensions of Wellness and Yoga:

A Registered Yoga Teacher designs weekly lesson plans centered around the 8 Dimensions of Wellness.

Yoga Class – Mindful Morning Movement:

A Registered Yoga Teacher facilitates this class with a focus on gentle movement and self-care.

Creative Connections:

Participants in this group will get to explore various creative expressions and modalities, and engage in creating together.

Self-Advocacy Group:

A space to come together with Peers to not only learn about what self-advocacy is, but to learn the skills to practice it in daily life.

