






COMMUNITY WELLNESS PROGRAM

March 2017

Tuesday	Wednesday	Thursday	Special Events
<p>SPOT Group 12:00-1:15pm Support for Parents of Teens & Adolescents - A peer to peer support group for mothers of teens and adolescents (ages 12-26) struggling with mental illness and/or substance abuse issues <i>*Lunch is served and drop-ins are welcomed</i> *Location: 1235 Chapala</p>  <p>Educational Family Discussion Group 7:00 – 8:30 pm Mar 7: Understanding Mental Illness through Eyes of: the Ill Person, the Family, the Mental Health Professional. Mar 14 : How to Communicate with Someone Who’s Psychotic or Agitated. Mar 21: How to Get Cooperation form an Ill Relative. Mar 28: Taking Care of Yourself when Mental Illness Impacts the Family.</p> 	<p>Keeping Connected Teen Group (ages 14 – 18) 3:30 – 5:00 pm Learn to better manage your emotions & reactions in a fun, safe place. <i>*Facilitated by Isis Casteñeda</i></p>  <p>Spot Educational Series Support for Parents of Teens and Adolescents 5:30 – 7:00 p.m. Peer to peer educational series for moms, dads, and caregivers of teens and adolescents (ages 12-26) struggling with mental illness and/or substance abuse issues.</p>	<p>Depression & Bipolar Support Group 6:00-7:30pm A peer-run support group where people with mood disorders find comfort and direction in a confidential and supportive setting.</p> <p>After-Hours with Family Advocate 5:00-6:00pm For support, information, and resources related to mental health <i>* By appointment only</i></p>  <p>Teddy Bear Cancer Foundation Thurs, March 9, from 6:00 – 8:30 pm A support group for local families affected by pediatric cancer RSVP, 805-308-9941 gisselle@teddybearcancerfoundation.org</p> <p>Family Support Group 6:00-7:30pm A group for family members and caregivers of loved ones living with mental illness, providing an opportunity to share with one another in a safe and supportive environment <i>*Not available the 4th Thursday of the month</i></p>	<p>NAMI Speaker Meeting : Topic is: How Changes in Mental Health Services in CA and US will Affect Your Ill Person. What to Expect in Coming Months and Years.</p> <p>Speaker: Rusty Speaker, JD, Legislative Advocate, Co-Author, Mental Health Services Act (Prop. 63) Thursday, March 23, 6:30 pm – Coffee 7:00 – 8:00 pm - Meeting</p>  <p>Mental Health 1st Aid is a public education prgram that introduces participants to risk factors and warning signs of mental illnesses.</p> <p>8 hour course meeting: March 20, 22, 25, 2017</p> <p>Spanish Speaking Support Group Monday, 5:30 – 6:30 pm Facilitated by: Michaelo Rosso-Balcazar, MFTI</p>