

Mariposa Wellness Center

Peer Focused Wellness Recovery Programs & Services
Monday - Fridays 9am - 2pm
10 Carr St. Watsonville, CA 95076 Tel: (831) 768-8132 Fax: (831) 288-0035

October, 2018

**Vocational
Employment Support -
Career Services w/
Mark Vasquez
(Cell: 831.325.9343)**

MONDAY

- 9am Morning Drop-in
- 9:30am Ted Talk w/ Maribel
- 10am Healthy Relationships Group w/ Jodie
- 11am Art Creativity w/ Maribel & Jodie
- 1pm Yoga w/ Olga 4th Monday
- 1pm Woman's Support Group w/ Maribel

THURSDAY

- 9am Drop In
- 9:30am Ted Talk w/ Maribel
- 10am *Self Awareness group* w/Jodie
- 11am *Schizophrenia Support* Group w/ Jeff /Jodie
- 12pm *Arts* w/Nick F
- 1pm Grupo de Apoyo / Maribel Esperanza

TUESDAY

- 9am Morning Drop-in
- 9:30am Ted Talk w/ Maribel
- 10am Stress and Anger Management w/ Maribel
- 10am Community Meeting 3rd Tuesday Of the month
- 11am Self-Care Group / Games w/Jodie
- 12-2 Social Integration w/ Jodie



We Are A Program of Community Connection
300 Harvey West Boulevard
Santa Cruz, CA 95060
831-425-8132

Ask about Other Programs --Available through Mariposa
- Avenues: Ivan Meza – Career Services: Mark Vasquez

***Food Distribution this month is on the 22nd**

WEDNESDAY

- 9am Peer - to - Peer *Morning Integration*
- 10am *Bi Polar Group* w/ Maribel
- 11am *Health Group* (BBD)Roxanne, Myisha
1 - 2 pm Lunch

FRIDAY

- 9am Morning Group
- 10am Prep w/ Roxanne/ Myisha
10:30-12pm Karaoke w/Jodie
- 12pm **LUNCHEON / BBQ**
- 1pm Movie Time
1st & 3rd Friday
- 1pm Grief Support/ Audrey

