

S u	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:15 Community Time 10:30 Healthy Self-Esteem 12:00 Give It Back 1-3 WRAP – Session 5 1:30 City Hall Meeting 3:00 Color Me Happy	<b>2</b> 10:15 Community Time 10:30 Creative Writing 12:00 <i>New Citizen Orientation</i> 12:00 Shy No Longer 1:30 My Wellness Toolbox 3:00 Fall Into Art	<b>3</b> 10:15 Community Time 10:30 Bingo Fun 12:00 <i>New Citizen Orientation</i> 12:00 Beyond the Border 1:30 Growing in Recovery 3:00 Recovery Check in	<b>4</b> 10:15 Community Time 10:30 Brain Games 12:00 <i>New Citizen Orientation</i> 12:00 Tobacco Jeopardy: Are you willing to play? 1:30 Movie Time	<b>5</b> 1:15 Community Time 1:30-3:30 Peer Support in Action 3:30 Color Me Happy
6	<b>7</b> 10:15 Community Time 10:30 Positive Memories 12:00 <i>New Citizen Orientation</i> 12:00 WELL 1:30 Anger & Recovery 3:00 Fitness Walking	<b>8</b> 10:15 Community Time 10:30 Healthy Self-Esteem 12:00 Give It Back 1-3 WRAP – Session 6 1:30 City Hall Meeting 3:00 Color Me Happy	<b>9</b> 10:15 Community Time 10:30 Creative Writing 12:00 Shy No Longer 1:30 My Wellness Toolbox 3:00 Fall Into Art	<b>10</b> 10:15 Community Time 10:30 Bingo Fun 12:00 <i>New Citizen Orientation</i> 12:00 Beyond the Border 1:30 Growing in Recovery 3:00 Recovery Check in	<b>11 <i>Fun Friday</i></b> 10:15 <i>Community Time</i> 10:30 <i>Brain Games</i> 12:00 <i>Dealing with Depression</i> 1:00 <i>Citizen Potluck</i> 2:00 <i>Movie Time</i>	<b>12</b> 1:15 Community Time 1:30-3:30 Peer Support in Action 3:30 Color Me Happy
1 3	<b>14</b> 10:15 Community Time 10:30 Positive Memories 12:00 <i>New Citizen Orientation</i> 12:00 WELL 1:30 Anger & Recovery 3:00 Fitness Walking	<b>15</b> 10:15 Community Time 10:30 Healthy Self-Esteem 12:00 Give It Back 1-3 WRAP – Session 7 1:30 City Hall Meeting 3:00 Color Me Happy	<b>16</b> 10:15 Community Time 10:30 Creative Writing 12:00 <i>New Citizen Orientation</i> 12:00 Shy No Longer 1:30 My Wellness Toolbox 3:00 Fall Into Art	<b>17</b> 10:15 Community Time 10:30 Bingo Fun 12:00 <i>New Citizen Orientation</i> 12:00 Beyond the Border 1:30 Growing in Recovery 3:00 Recovery Check in	<b>18</b> 10:15 Community Time 10:30 Brain Games 12:00 <i>New Citizen Orientation</i> 12:00 Dealing with Depression 1:30 Movie Time	<b>19</b> 1:15 Community Time 1:30-3:30 Peer Support in Action 3:30 Color Me Happy
2 0	<b>21</b> 10:15 Community Time 10:30 Positive Memories 12:00 <i>New Citizen Orientation</i> 12:00 WELL 1:30 Anger & Recovery 3:00 Fitness Walking	<b>22</b> 10:15 Community Time 10:30 Healthy Self-Esteem 12:00 Give It Back 1:30 City Hall Meeting 3:00 Color Me Happy	<b>23 <i>Thanksgiving Celebration</i></b> 	<b>24 <i>Wellness City Closed</i></b> 	<b>25</b> 10:15 Community Time 10:30 Brain Games 12:00 <i>New Citizen Orientation</i> 12:00 Dealing with Depression 1:30 Movie Time	<b>26</b> 1:15 Community Time 1:30-3:30 Peer Support in Action 3:30 Color Me Happy
2 7	<b>28</b> 10:15 Community Time 10:30 Positive Memories 12:00 <i>New Citizen Orientation</i> 12:00 WELL 1:30 Anger & Recovery 3:00 Fitness Walking	<b>29</b> 10:15 Community Time 10:30 Healthy Self-Esteem 12:00 Give It Back 1-3 WRAP – Session 8 1:30 City Hall Meeting 3:00 Color Me Happy	<b>30</b> 10:15 Community Time 10:30 Creative Writing 12:00 <i>New Citizen Orientation</i> 12:00 Shy No Longer 1:30 My Wellness Toolbox 3:00 Fall Into Art	<p style="text-align: center;"><i>RJ International's Mission – to create opportunities and environments that empower people to succeed in accomplishing their goals, and to reconnect with themselves, others and meaning and purpose in life.</i></p>		

401 E. Lakewood Ave., Suite E1-A  
Durham, NC 27707  
(919) 687-4041  
Heritage Square Shopping Center



CRISIS HEALTH RECOVERY CONSULTING

Monday – Friday 10:00 a.m. – 5:00 p.m.  
Saturday: 1:00 - 5:00 p.m.

### What is *Wellness City*?

*Wellness City* is a recovery education center offering classes and activities for adults who are interested in learning more about recovery from mental health, substance use, and other life challenges. At *Wellness City*, we are not a diagnosis, a disorder, or a disease; each of us is a complete, wonderful person with abilities and accomplishments. Our focus is on what's strong, not what's wrong.

### What do people do at *Wellness City*?

Every person participating in *Wellness City* is an equal citizen with rights and responsibilities. Everyone's voice and contribution is valued. Each citizen is responsible for and directs their own recovery journey. Citizens decide that goal(s) they want to work on and choose classes and activities that relate to their goals. Some Citizens come to *Wellness City* every day to participate in a class or activity; others come once or twice per week or even just a few times per month. All citizens work together to bring out everyone's best, catching each other when we start to fall and sharing what's been learned so we all can benefit.

*Recovery is: remembering who you are and using your strengths to be all you were meant to be.*

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**Anger & Recovery** Let's talk about anger, how it has impacted our lives, and skills we can use to deal with anger when we encounter it in ourselves and others.

**\*Beyond the Border** We'll discuss some of the challenges associated with Border Line Personalities Disorder and looking at various therapeutic options and coping skills.

**Bingo Fun** In this class we will use bingo to build teamwork and self-confidence and to have some *FUN* together.

**Brain Games** *WAKE UP YOUR BRAIN* with fun puzzles and brain teasers.

**City Hall Meetings** Opportunity for Citizens and Supporters to come together to offer each other support and encouragement to build the *Wellness City* community.

**Color Me Happy** Drawing and coloring are often used to reduce stress and promote wellness. Join us while we color away our stress.

**Community Time** Time to come together each day to check in with each other and provide support and encouragement as we travel together on our recovery journey.

**Creative Writing** This class will explore the power of journaling and creative writing to enhance our self-awareness.

**Dealing with Depression** In this class we will talk about what causes depression and things we can do to improve our mood.

**Fall Into Art** We'll create a safe and relaxed atmosphere for us to explore our creativity and share our recovery journey through art.

**Fitness Walking** In this class we will motivate each other to exercise for a healthier lifestyle.

**Give It Back** In this class we will discover new ways to give thanks and to have more gratitude for small, medium and big things in our lives and for each other.

**Growing in Recovery** In this class we will nurture plants that will symbolize our own growing recovery, while at the same time learning new recovery tools.

**Healthy Self-Esteem** In this class we will learn how to confront negative self-talk and change it into positive to improve our self-esteem.

**Movie Time** Do you enjoy watching movies? This is a great time to socialize and have fun together.

**My Wellness Toolbox** In this class we will be empowered to take personal responsibility for our own daily maintenance plan.

**\*Peer Support in Action** This class is an opportunity to explore and refresh peer support skills for anyone with an interest in peer support and recovery.

**Positive Memories** This class will develop tools to access and strengthen positive memories during times of depression and negative thinking.

**Recovery Check-In** During this time we will come together to discuss our day and any challenges we may be having, both as individuals and as a community.

**Shy No Longer** Do you feel anxious or shy in social situations? In this class we'll learn to recognize triggers and learn new tools to overcome social anxiety.

\* **WELL** Wellness and Empowerment in Life and Living consists of 15 sessions in which life skills and recovery education are explored.

\* ‡ **WRAP** Wellness Recovery Action Planning will help you to identify powerful wellness tools and create effective self-help plans for when you are not feeling well.

\* Certificates are provided upon completion of any classes marked with an asterisk ( \* )

‡ Indicates classes that are closed after Session Three ( ‡ )