The Auburn Welcome Center

Building skills, Finding Friendships and Creating connections to the community 11522 B Ave Auburn Ca, Ph (530) 889-7200

<u>First Monday of Every Month is Consumer Council 12:00pm!</u> Make your voices heard. Information goes back to management and community members to make change

<u>Third Monday of Every Month Strategic Planning Meeting 12:30pm!</u> Be a part of the planning and future of the Welcome Center. Everyone welcome who wants to participate.

<u>Second Tuesday of Every Month 12:00-2:00 Rapid HIV Testing.</u> Free 20 minutes to the result. Also information on Communicable Diseases and STDs.

Support Groups

<u>Mon 12:30-1:30 Welcome Center meeting</u> everyone is welcome to come and share ideas and thoughts re: the Welcome Center and community.

<u>First Monday of every month is Consumer Council 12:00pm!</u> Make your voices heard. Information goes back to management and community members to make change

Mon 1:30 -3:00 Women's Support Grp A drop-in group facilitated by peers . Topics of discussion vary week to week based on needs and concerns of group members. This group is open ended, and all women are welcome to attend.

<u>Tues. 10-11:30 alternating Tuesdays Social Skills</u> This group will assist people with their social skills a group to show you care about yourself and others. The group begins June 30th 2009.

Weds 10:30-12:00 Grief & Loss Grp Facilitated by Stephanie, an MSW from Sutter Roseville. Share, listen and talk about the loss of a loved one or a close friend. This group is open ended, and any one is welcome to attend

Thursday 10-11:30 alternating Thursdays Conflict Resolutions this group will help participants make good decisions when they have conflict with others. The group will begin June 18th 2009 Thursdays 10-12:00 alternating Thursdays Health & Wellness This group is presented by the Sierra College Student Nurses Association. The nurses will do wellness checkups as well as hold discussion groups re: Nutrition, Medication, Exercise, Stress reduction etc. Healthy snacks are provided for group participants Program runs through August.

<u>Thursday 12:00 -1:00 Here & Now</u> a group focused on what is taking place in your life presently. The group will utilize the "Seeking Safety" curriculum. This group is co-ed and open, to anyone who is interested in working on present day possibility and potential.

Friday 10-11:30 Early Recovery This group will assist people to stay clean and sober by dealing with Early Recovery and Relapse prevention. Class will start June 19^{th,} 2009

Friday 12-1:30 Welcome Center New Beginnings AA.

<u>Friday 2:00-3:00</u> <u>Listening Well.</u> Group Facilitated by Patti Haskell CSC. Former Listening Well participants continue appreciating supporting and sharing strengths with one another as they continue to integrate learning through attention to everyday experiences.

Activities/classes

<u>Monday – Friday 8-12 One on One</u> Staff is available for assisting individuals one on one in accessing resources, developing resumes, job skills or life skills. Appointment recommended.

Monday 10-12 Arts & Crafts The Art class is open to all, regardless of their skill level. Each individual may work on independent projects. All art materials are provided.

Monday 10-12 Film Studies group. The group will view movies from different genres from past and present .Immediately following the group will discuss the film. .The group will begin June 29th 2009(popcorn provided)

<u>Tuesday 2:30-3:30 hobby/leisure group</u> fun group activities. Learn as you go. Some topics discussed Fishing, hiking, gold panning, drawing, coin collecting, cooking, etc. Come Share with us what you like to do and make new friends.

<u>Tuesday 12:15-1:45 Open Readings</u> This group will share favorite Quips and Quotes, Tales and Lore, Wit and Wisdom and more. The participants are encouraged to share Poems, Stories, and Jokes etc. In a relaxed and encouraging atmosphere.

<u>Wednesday 1-3:00 Project Based Art</u> this group will work on specific art projects such as Decoupage boxes, ceramic mugs, No Sew scarves.

<u>Thursday 10-12 Skills Building</u>. The topics vary week to week. Time management, job interviews, sleep, eating healthy, exercise.

Friday 10-2 Fun Friday (live Music) give us your ideas on other Fun Friday Activities!

Updated 6/11/09



Placer Independent Resource Services

Deaf Awareness Group/Conversational American Sign Language

For more information on classes and times Call Virginia Alton at TDD 530-885-0326, or use California Relay Services at 1-888-877-5379 and give the operator the TDD number to relay your call.

Looking For A Support Group?

Depression Support Groups

- Mondays, 5:00-7:00 p.m. Open to all adults with depression or bi-polar
- Tuesdays (Men Only), Must call PIRS and speak to Jeff Cowen for more information on this group.
- Thursdays, 2:00-4:00 p.m. at PIRS The group is facilitated by Senior Peer Counseling Program of Placer County Health and Human Services, but is open to all adults regardless of age. Call PIRS for more information

• Wednesdays, 1:00 - 3:00 p.m. at PIRS This group is open to anyone with any type(s) of disabilities

Auburn People First: Self Advocacy for People with Developmental Disabilities

• **Third Saturday**, 1:00-2:00pm at PIRS. Call Charlene Jones at the Supported Life Institute, Self Advocacy Coordination Project 916-567-1301 or Kelly Butler at 530-823-7363 for more information.

Reasonable accommodations are available upon advance request to facilitate access to PIRS facilities and services.

Placer Independent Resource Services (PIRS) 11768 Atwood Road #29 Auburn, CA 95603 (530)885-6100 1-800-833-3453 TTY (530)885-0326



Placer Counseling Center 1230 High St. Suite 120A Auburn Ca. 95603 (530) 887 1637

(Groups are facilitated by licensed therapists and registered interns) Education on sexual Abuse for families: 3 session psycho-educational group for

Non offending parents and teens. Groups begin every other month throughout the year

. Discussion topics: Family dynamics, What is sexual abuse? Legal proceedings Weekly meeting $\,$

fee \$30 per person.

Parent support group: General support groups to meet, discuss, and understand the mental health need of an adult family member.

Weekly meeting Fees \$ 30 per person

Bipolar Issues: A support group for individuals dealing with bipolar issues: Individuals will work towards understanding the unique dynamics of bipolar Disorder, the impact, and emotional responses and how to develop positive solutions for living.

Discussion topics will include:

Treating the Disorder, Holistic Treatment Planning, Disorder triggers, Emotional Response, What works, Taking charge.

Weekly meeting

Fees \$30 per person

ASOC Roseville 101 Cirby hills DR. Roseville Ca. 95678 (916) 787- 8808

Depression /Recovery group Tues July 28th 10:30-12:00

The group can help you with:

- Managing Depression
- Develop effective coping skills
- Learn to appropriately process life stressors
- provide cognitive support~ properly identify negative thoughts and how that can be change
- group support
- improving self acceptance

The group will meet for 8-10 weeks RSVP Bob (916)787-8853 or Susie (916) 787 8849