

OCTOBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12:30AM-1:30AM PAJAMAS, ART, & FUN W/ CINDY	10:30AM-12:00PM HEALTHY MINDS/HEALTHY LIVES W/ROBIN	10:00AM-11:00AM ACTIVITIES W/EMILY & ROBYN (USC OT STUDENTS)		10:30AM-12:00PM JUST CRAFTING AROUND W/ROBIN	 MARIO:10/4 FRANCES:10/19
1:00PM-2:00PM WALKING MEDITATION W/ VICTORIA	1:00PM-2:00PM CREATIVE WRITING W/ FRANCES		2:00PM-3:00PM VIVA LA VIDA W/ STEFANY	1:00PM-2:00PM SPIRITUALITY W/JESSICA	1:00PM-2:00PM KARAOKE W/ STAFF	1:00PM-2:00PM MANIFEST YOURSELF W/ LEANN
6:00PM-7:00PM WRAP W/ STEPHEN	6PM-7PM HOUSE MEETING	6:00PM MOVIE NIGHT W/ STAFF		6:00PM-7:00PM HEALTHY COPING & LIFE SKILLS W/ MONYKA	6:00PM-7:00PM GAME NIGHT W/ MARIO BINGO 10/27	6:00PM-7:00PM YOUR VOICE W/ SCOTT

For more information please call (562)388-8183. **Must be 18+ to attend any groups.**



HACIENDA OF HOPE

2241 W. WILLIAMS STREET LONG BEACH, CA 90810 PHONE: (562) 388-8183

GROUP DESCRIPTIONS

Activities: Enjoy doing different fun activities with our USC O.T students

Game Night: Come play fun games with fellow peers.

Creative Writing: Expressing yourself through various writing activities.

Healthy Coping & Life Skills: Help each other practice and learn more skills to cope in healthier ways.

Healthy Minds/Healthy Lives: Relax your mind with visual & sensory activities.

Just Crafting Around: Come and enjoy doing fun Arts & Crafts

Karaoke: Participate and/ or just watch other peers - share your favorite songs. Focuses on social wellness.

Manifest Yourself: Pressing through 5 senses while doing arts & crafts.

Movie Night: Come and enjoy a movie on the projector screen with fellow peers.

Pajamas, Art & Fun: Enjoy some midnight fun painting, doodling patterns, mandalas, and DIY'S.

Spirituality: Come & learn how to relax your mind, body & soul with positive uplifting affirmations.

Viva La Vida: Enrich your mental health through fun activities.

Walking Meditation: Let's have a relaxing walk around the community & end our walk in a calming healing circle.

WRAP: Wellness Recovery Action Plan is a simple plan to help you take care of your mental health recovery.

Your Voice: Do you hear voices or have unique sensory events, this is the group for you, become the owner of your experience.

WE PRACTICE AND PROMOTE OUR CORE VALUES IN ALL PROJECT RETURN GROUPS

HOPE - EMPOWERMENT - RECOVERY - MUTUALITY - INTEGRITY