

## *Activities of Manzanita Services*

All are welcome to these ongoing activities.

### *Mondays*

- 10-11 Taking Care of Business
- 10-12 Cooking Group
- 11-12 Letter Writing
- 12-1 Chinese Brush Painting
- 12-1 WRAP (sign up)

### *Tuesdays*

- 10-11 Taking Care of Business
- 11-12 Men's Group
- 11-12 Women's Group
- 12-1 Topics in Peer Support
- 12-1 Tai Chi

### *Wednesdays*

- 10-11 Taking Care of Business
- 10:30-11 Judgment Release Group
- 11-12 Dual-Diagnosis
- 11-12 Yoga/Stretching
- 12-1 Compassionate Processing
- 12-1 Steps to Independence

### *Thursdays*

- 10-11 Taking Care of Business
- 11-12 Walking & Talking
- 11-12 WRAP (sign up)
- 12-1 Tai Chi
- 12-1 Music & Recovery

### *Fridays*

- 10-11 Taking Care of Business
- 11-2 Art
- 11-12 Open-Recovery Conversations
- 12-2 Movie Day
- 12-1 Trauma Empowerment Exploration
- 1-2 Trauma Empower Transformation
- 2-3:30 LGBTIQ

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*Activities  
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*Healing Through Self Help & Community  
"People helping people, have better lives."*

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