

Monday

Tuesday

Wednesday

Thursday

Friday

**All sessions are Free.
Drop-ins are Welcome.
Lunch Provided for Participants
in the Morning Sessions.**

1
9:15-10:15
Yoga
10:30-11:30
Journaling
10:30-11:30
Cooking with Brother
Lawrence Dining Community
12:30-1:30
Substance Abuse
Support Group
2:00-4:00
Holistic Healing Appts
(Acupuncture/Tapping)

2
9:15-10:15
Meditation
10:00-10:15
**Wellness Center
Orientation**
10:30-11:30
Tai Chi
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Women's/Men's
Support Group

3
9:15-11:30
Movie
10:30-11:30
Poetry
12:30-1:30
Mindfulness Based
Relapse Prevention
2:00-3:00
Theater Games & Song

6
9:15-10:15
Meditation
10:30-11:30
Art
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga
2:00-4:00
Holistic Healing Appts
(Foot Care/Reiki)

7
9:15-10:15
Yoga
10:30-11:30
Spiritual Life Discussion
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga and 12 Step
Recovery

8
9:15-10:15
Yoga
10:30-11:30
Body Movement/Stretching
10:30-11:30
Cooking with Brother
Lawrence Dining Community
12:30-1:30
Substance Abuse
Support Group
2:00-4:00
Holistic Healing Appts
(Acupuncture/Tapping)

9
9:15-10:15
Meditation
10:00-10:15
**Wellness Center
Orientation**
10:30-11:30
Tai Chi
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Women's/Men's
Support Group

10
9:15-11:30
Movie
10:30-11:30
Poetry
12:30-1:30
Mindfulness Based
Relapse Prevention
2:00-3:00
Theater Games & Song

13
9:15-10:15
Meditation
10:30-11:30
Art
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga
2:00-4:00
Holistic Healing Appts
(Foot Care/Reiki)

14
9:15-10:15
Yoga
10:30-11:30
Poetry
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga and 12 Step
Recovery

15
9:15-10:15
Yoga
10:30-11:30
Journaling
10:30-11:30
Cooking with Brother
Lawrence Dining Community
12:30-1:30
Substance Abuse
Support Group
2:00-4:00
Holistic Healing Appts
(Acupuncture/Tapping)

16
9:15-10:15
Meditation
10:00-10:15
**Wellness Center
Orientation**
10:30-11:30
Tai Chi
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Women's/Men's
Support Group

17
9:15-11:30
Movie
10:30-11:30
Poetry
12:30-1:30
Mindfulness Based
Relapse Prevention
2:00-3:00
Theater Games & Song

20
9:15-10:15
Meditation
10:30-11:30
Art
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga
2:00-4:00
Holistic Healing Appts
(Foot Care/Reiki)

21
9:15-10:15
Yoga
10:30-11:30
Spiritual Life Discussion
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga and 12 Step
Recovery

22
9:15-10:15
Yoga
10:30-11:30
Body Movement/Stretching
10:30-11:30
Cooking with Brother
Lawrence Dining Community
12:30-1:30
Substance Abuse
Support Group
2:00-4:00
Holistic Healing Appts
(Acupuncture/Tapping)

23
9:15-10:15
Meditation
10:00-10:15
**Wellness Center
Orientation**
10:30-11:30
Tai Chi
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Women's/Men's
Support Group

24
9:15-11:30
Nutrition and Cooking
10:30-11:30
Poetry
12:30-1:30
Mindfulness Based
Relapse Prevention
2:00-3:00
Theater Games & Song

27
9:15-10:15
Meditation
10:30-11:30
Art
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga
2:00-4:00
Holistic Healing Appts
(Foot Care/Reiki)

28
9:15-10:15
Yoga
10:30-11:30
Spiritual Life Discussion
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Yoga and 12 Step
Recovery

29
9:15-10:15
Yoga
10:30-11:30
Journaling
10:30-11:30
Cooking with Brother
Lawrence Dining Community
12:30-1:30
Substance Abuse
Support Group
2:00-4:00
Holistic Healing Appts
(Acupuncture/Tapping)

30
9:15-10:15
Meditation
10:00-10:15
**Wellness Center
Orientation**
10:30-11:30
Tai Chi
12:30-1:30
Substance Abuse
Support Group
2:00-3:00
Women's/Men's
Support Group

31
9:15-11:30
Nutrition and Cooking
10:30-11:30
Poetry
12:30-1:30
Mindfulness Based
Relapse Prevention
2:00-3:00
Theater Games & Song

We look to the future and listen to the call of St. Vincent De Paul to **“extend mercy towards others, so that there can be no one in need whom we meet without helping.”** The St. Vincent De Paul Society’s Wellness Center is answering the call of our participants, by responding with an integrative approach to the needs they carry daily. Our core values of Justice, Compassion and Spirituality compel us to bring best practices, the latest clinical methods and an integrative approach to all those who come through our doors.

Using a harm reduction model, the Wellness Center strives to meet people where they are by focusing on lending continued support to those who are struggling with substance abuse issues and other debilitating diagnoses. Our daily program consists of stress reduction techniques, exercise, selections of personal and spiritual development as well as health topic sessions. Good nutritional guidelines play a pivotal role at the Wellness Center. We offer healthy free snacks and lunch based on a thoughtfully designed menu of fresh local foods with high/dense nutritional value. All are welcome and encouraged to participate on the level that best fits their needs.

ALL SESSIONS ARE FREE

Drop-ins are Welcome. Lunch is provided for those who participate in morning sessions.

Monday through Friday

9:15am - 10:15am	Stress Reduction Activities
10:30am - 11:30am	Personal Development Activities
12:30pm - 1:30pm	Substance Abuse Support Group (Monday-Friday)
2:00pm - 3:00 pm	Men’s Support Group (Thursdays)
2:00pm - 3:00 pm	Women’s Support Group (Thursdays)
2:00pm - 4:00pm	Holistic Healing Appointments* (Monday, Wednesday, and Friday) <i>*Holistic Healing appointments are reserved for participants in certificate program.</i>

Every Thursday

10:00 - 10:15 am Wellness Center Orientation

****PLEASE JOIN US FOR OUR MONTHLY CELEBRATION THE LAST MONDAY OF EACH MONTH AT 1:30PM!****

We ask all participants to follow the Wellness Center guidelines:

- Please be on time and ready to participate in our sessions
- Our session times are 9:30am, 10:30am, 12:30pm and 2pm unless otherwise indicated
- The doors will be locked 15 minutes after the start of each session
- Please turn off your cell phones when entering the building
- We cannot hold, store or keep personal belongings
- Please do not bring outside food or drink into the group
- Smoking outside is permitted at designated break times

For More Information Please Contact: Kathy Curran, MSW
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