

August 2017

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>9:00-1:00 pm WRAP</p> <p>1:30-2:30 pm Bingo and Social Skills</p> <p>6:00- 7:00 pm Art and About</p>	<p>2</p> <p>9:00-1:00 pm WRAP</p>	<p>3</p> <p>9:00-1:00 pm WRAP</p> <p>1:30-2:30 pm Life Skills</p> <p>5:30- 6:30 pm Self- Care Workshop Registration Required</p>	<p>4</p> <p>9:00-1:00 pm WRAP</p>
<p>7</p>	<p>8</p> <p>9:30-10:30 am Art for Everyone</p> <p>1:00- 2:00 pm Life Skills</p> <p>2:30-4:00 pm Legal Aid Clinic – Custody</p> <p>6:30-7:30 pm Loved Ones Affected by Addiction Support Group</p>	<p>9</p> <p>9:00-12:00 pm WHAM</p>	<p>10</p> <p>9:00-12:00 pm WHAM</p> <p>1:00-2:00 pm Learning to Crochet- Exploring Relaxation Techniques</p> <p>5:30- 6:30 pm Self- Care Workshop Registration Required</p>	<p>11</p>

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Mon	Tue	Wed	Thu	Fri
14	<p>11:00- 12:00 pm WHAM Support Group</p> <p>12:30-1:30pm Bingo and Social Skills</p> <p>6:00- 7:00 pm Art and About</p>	16	<p>9:30-10:30 am Life Skills</p> <p>1:00-2:00 pm Gardening- Exploring Relaxation Techniques</p> <p>2:30-4:00 pm Legal Aid Clinic – Divorce</p> <p>5:30- 6:30 pm Self- Care Workshop Registration Required</p>	18
21	<p>9:30-10:30 am Art for Everyone</p> <p>11:00- 12:00 pm WHAM Support Group</p> <p>1:00- 2:00 pm Nutrition 101- Novant Health Registration Required</p> <p>6:30-7:30 pm Loved Ones Affected by Addiction Support Group</p>	23	<p>9:30-10:30 am Embrace Your Health</p> <p>1:00- 2:00 pm Learning to Crotchet- Exploring Relaxation Skills</p> <p>2:30-4:00pm Legal Aid Clinic – Landlord and Tenant Rights</p> <p>5:30- 6:30 pm Self- Care Workshop Registration Required</p>	25

August 2017

Mon	Tue	Wed	Thu	Fri
28	<p>29</p> <p>9:30-10:30am Art for Everyone</p> <p>11:00- 12:00 pm WHAM Support Group</p> <p>12:30- 1:30 pm Employment and Stokes County Lunch and Learn Registration Required</p> <p>2:00- 3:00 pm Bingo and Social Skills</p> <p>6:00- 7:00 pm Art and About</p>	30	<p>31</p> <p>9:30-10:30 am Life Skills</p> <p>12:00- 1:00 pm Guardianship Training Overview Lunch and Learn Registration Required</p> <p>5:30- 6:30 pm Self- Care Workshop Registration Required</p>	

Stokes Program Descriptions:

Art and About- Creativity and the arts can help you to express your thoughts and emotions that can be hard to put into words. It also helps to lower stress and anxiety, relax and feel calmer and happier, form new connections with others and create something unique that gives you a sense of pleasure and accomplishment. Monica Shirley local artist and owner of Bungalow Pottery will be leading arts and crafts activities weekly. Art supplies are provided. No registration is required.

Art for everyone – Activities like painting, sculpting, drawing, and photography are relaxing and rewarding hobbies that can lower your stress levels and leave you feeling mentally clear and calm. Art can improve well-being by decreasing negative emotions and increasing positive ones, create reductions in stress and anxiety; increase positive emotions, and improves flow, spontaneity, expression of grief, positive identity, and social networks. Art supplies are provided. No registration is required.

Embrace your Health- This class teaches you how to eat healthier, get more physical activity, to manage your emotions in a healthy way and how to feel spiritually sound. We will discuss healthy eating habits, types of exercises and physical activities to join in, how to regulate your emotions and ways to get connected spiritually. Join us in discussing how to manage your overall wellness and health and how to feel your best every day. Everyone is welcome! No registration is required.

Loved Ones Affected by Addiction Support Group- Drug Addiction not only affects addicts but their family and loved ones as well. This group meets the second and fourth Tuesdays of each month and is meant to provide support and encouragement for those that have loved ones struggling with addiction to drugs. No registration required.

Life Skills-In a constantly changing environment, having life skills is an essential part of being able to meet the challenges of everyday life. This group will explore life skills that better equip you to deal with life's problems and frustrations. No registration is required.

Bingo and social skills – A person's social health also impacts his ability to build friendships and form intimate relationships, and studies also show that positive social interactions can enhance a person's physical and mental health. Learn one social skill per class and practice the skill through playing one of America's favorite games. Small prizes for the winners. No registration required.

Exploring Relaxation Skills: It can be hard to maintain a healthy lifestyle in the busy world that we live in. If you are in school, commuting to work and/or taking care of your family, time can seem limited. Taking good care of your body and mind can make a difference in how healthy you are in general and how well you cope with change. Join us as we explore different ways to assist in increasing relaxation including learning to crochet and gardening. Materials for the class will be provided. **Registration Required.**

WHAM: WHAM is a training program and peer support group model developed by CIHS (Center for Integrated Health Solutions) to encourage increased resiliency, wellness, and self-management of health and behavioral health. WHAM weekly support group meetings in which participants in order to work toward, achieve, and maintain whole health goals. **Registration Required.**

WRAP: WRAP is a program that helps individuals in identifying on what makes them well and creates a culture that encourages them to be an active participant in their own wellness. Come join us for a journey of learning how to help keep yourself well through fun activities and sharing in a safe environment. **Registration Required.**

Self- Care Workshop: Having healthy boundaries and practicing self-care can protect you from burn out, stress, anxiety and depression. Join us for a time set apart to explore and identify ways to enhance your health and well-being. **Registration Required**

Nutrition 101- The food you put in your body may not say much about who you are but it speaks volumes about how long you will live and what the quality of your life will be. Hear how eating is not just an event but is an essential part of maintaining a healthy body and productive life. **Registration Required**

Lunch and Learn - The Stokes County Wellness Center Lunch and Learns are our chance to learn about an interesting topic while partaking in lunch. The third Thursday and second Tuesday of this month, we will provide lunch and we always have light refreshments on hand. Lunch and learns are perfect to maximize your lunch hour while gaining professional development and insight. Registration is required.

- **Guardianship**- This free training will be offered August 31st. It will cover basic facts about guardianship, assessment, and a guardian's rights and responsibilities. Lunch will be provided. **Registration required.**
- **Employment Support and Opportunities in Stokes County**- This will be an opportunity to become more familiar with employment opportunities and support systems within Stokes County. Community Partners such as Forsyth Technical Community College, E-Link, Vocational Rehabilitation and YVEDDI will be speaking about how their programs support employment in our area. Lunch will be provided. **Registration required.**

Legal Aid of North Carolina Clinics - Legal Aid of North Carolina is a statewide, nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. There is a Q & A session at the end where you can ask specific questions. In partnership with Cardinal Innovations Healthcare through the Stokes County Wellness Centers, the following clinics will be held every month:

- **Child Custody Clinic** – Presented by Legal Aid of North Carolina, this event is designed to provide detailed information about North Carolina child custody law via video conference. Anyone with concerns about child custody issues, whether a professional or a member of the general public, will benefit from this clinic. Following the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants. **Registration is required.**
- **Landlord and Tenant Rights** – Presented by Legal Aid of North Carolina, the Tenant Rights Clinic will educate you, explain your legal rights as a tenant, and instruct you on what to do if your landlord isn't making repairs. You will watch an instructional video, and at the end of the video, you will have an opportunity to ask general questions to a volunteer attorney through the webinar. You will also have the opportunity to request a callback from Legal Aid to see if you qualify for additional help. **Registration is required.**
- **Divorce Law Clinic** – Presented by Legal Aid of North Carolina, this clinic is designed to provide detailed information about North Carolina divorce law via video conference. Participants will learn the guidelines and paperwork requirements for what is known in North Carolina as a "simple divorce." Following the video conference, a question and answer segment with a licensed attorney will allow for specific questions by participants. **Registration is required.**

The Stokes County Wellness Center is available for community meetings without charge.

All meetings and activities must be coordinated by Wellness Center Staff. To schedule an event, please call 336.907.9356.

During times of inclement weather Stokes Wellness Center will operate their programs based on school closings. If the county schools are closed, there will be no programming at the Wellness Center. However, staff may be present at the Wellness Center for immediate concerns or needs.

To register for classes or offer suggestions for future classes call: 336.705.8646.

Class sizes are limited, so register early!

WELLNESS
centers

STOKES

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