

November 2019				
Mon	Tue	Wed	Thu	Fri
				1 12:30 - 2:30 pm Popcorn and Movie 1:00 - 2:00 pm Ice Cream Social 4:00 - 5:00 pm Craft Time taught by Olga Diaz
4 12:00 - 1:00 pm Adult Coloring 1:00 - 2:00 pm Painting 101 taught by Olga Diaz 2:00 - 3:00 pm Stretch and Tone Exercise Class Adrienne Branch, Instructor 4:00 - 5:00 pm Trivia Time Registration Required	5 2:00 - 3:00 pm Brain Fit 2:30 - 4:00 pm Legal Aid Clinic: Expungement Presentation	6 12:00 - 1:00 pm Karaoke 1:00 - 2:00 pm Simple Crafts: Thanksgiving Crafts 2:00 - 3:00 pm Wii Family Fun 5:00 - 6:00 pm Conflict Resolution Registration Required	7 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 2:00 - 3:00 pm Stretch and Tone Exercise Class 2:30 - 4:00 pm Legal Aid Clinic: SSI/SSDI 4:00 - 5:00 pm Gentle Yoga Elohee El-Bey, Instructor	8 12:30 - 2:30 pm Popcorn and Movie 1:00 - 2:00 pm Snow Cone Social 4:00 - 5:00 pm Game Fun
11 1:00 - 2:00 pm Painting 101 taught by Olga Diaz 2:00 - 3:00 pm Stretch and Tone Exercise Class Adrienne Branch, Instructor	12 11:00 am - 1:00 pm Chronic Pain and Fibromyalgia Warriors Support Group 1:00 - 2:00 pm Stress Relief Activities: Relaxation 2:00 - 3:00 pm Brain Fit 2:30 - 4:00 pm Legal Aid Clinic: Custody Presentation	13 12:00 - 1:00 pm Karaoke 1:00 - 2:00 pm Adult Coloring 2:00 - 3:00 pm Wii Family Fun 3:00 - 5:00 pm Upward to Financial Stability Registration Required	14 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 2:00 - 3:00 pm Stretch and Tone Exercise Class 2:30 - 4:00 pm Legal Aid Clinic: Divorce Presentation 4:00 - 5:00 pm Gentle Yoga Elohee El-Bey, Instructor 6:30 - 8:00 pm The Rockingham County Social	15 12:30 - 2:30 pm Popcorn and Movie 1:00 - 2:00 pm Ice Cream Social
18 1:00 - 2:00 pm Painting 101 taught by Olga Diaz 2:00 - 3:00 pm Stretch and Tone Exercise Class Adrienne Branch, Instructor	19 9:00 am - 5:00 pm Whole Health Action Management (WHAM) Training Registration Required 12:00 - 1:00 pm Fresh Start Smoking Cessation Class Registration Required 2:00 - 3:30 pm Rockingham County Community Collaborative 2:30 - 4:00 pm Legal Aid Clinic: Healthcare Power of Attorney Presentation	20 12:00 - 1:00 pm Karaoke 1:00 - 2:00 pm Simple Crafts: Thanksgiving Themed Crafts Registration Required 2:00 - 3:00 pm Wii Family Fun	21 12:00 - 1:00 pm Alcoholics Anonymous Open Meeting 2:00 - 3:00 pm Stretch and Tone Exercise Class Adrienne Branch, Instructor 2:30 - 4:00 pm Legal Aid Clinic: Divorce 4:00 - 5:00 pm Gentle Yoga Elohee El-Bey, Instructor	22 10:30 am - 12:30 pm Popcorn and Movie 10:30 - 11:30 am Rockingham County Community Partners Meeting 12:00 - 1:00 pm Adult Coloring 1:00 - 2:00 pm Snow Cone Social 12:30 - 2:30 pm Popcorn and Movie 4:00 - 5:00 pm Game Fun

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Mon	Tue	Wed	Thu	Fri
25 12:00 – 1:00 pm Healthy, Thrifty Holiday Menus Registration Required 1:00 - 2:00 pm Painting 101 taught by Olga Diaz 2:00 - 3:00 pm Stretch and Tone Exercise Class Adrienne Branch, Instructor 4:00 - 5:00 pm Trivia Time Registration Required 5:00 - 6:00 pm Prevention 101 Registration Required 6:00 - 7:00 pm Opioid 101 Registration Required	26 12:00 - 1:00 pm Fresh Start Smoking Cessation Class Registration Required 2:00 - 3:00 pm Brain Fit	27 12:00 - 1:00 pm Karaoke 1:00 – 2:00 pm Adult Coloring 2:00 – 3:00 pm Wii Family Fun	28 Wellness Center Closed- Thanksgiving Holiday	29 Wellness Center Closed- Thanksgiving Holiday

Rockingham Program Descriptions

Adult Coloring – Coloring isn't just for kids! A soothing alternative to meditation, these coloring sessions offer a pleasant, stimulating musical environment that supports wellbeing by reducing stress and anxiety. Coloring may take you back to childhood memories of a simpler world and allow you an opportunity to enjoy a creative and social time with others.

Alcoholics Anonymous (Open Meeting) - Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. Support groups provide emotional strength and promote empowerment in a community environment. This is an open meeting and everyone is welcomed.

Brain Fit: We often hear of the importance of keeping our bodies physically fit, but what about our minds? There are plenty of ways to keep our minds healthy and you don't need to go to the gym to do them! Mental fitness is just as important as physical fitness. Research shows that engaging in activities that stimulate our minds, whether it be learning about a new topic, trying a new activity, working puzzles, learning a new song or playing a game can keep our minds sharp and healthy. Maintaining a healthy brain is especially important as we age. Mark your calendars for a work out! This is a self-guided class with no instructor.

Chronic Pain and Fibromyalgia Warriors Support Group – Chronic pain affects both the individual and the people they love. Support groups provide emotional strength and promote empowerment in a community environment. This group plans events and speakers, and provides assistance in meeting basic needs. Join members for refreshments and fellowship. Be a part of building support for Rockingham County residents who suffer with chronic pain.

Conflict Resolution and De-Escalation- The Conflict Resolution workshop will place emphasis on achieving compromise and collaboration in conflictual situations. The training will address why people act and/or react in specific ways, effective communication skills, problem-solving, and steps to deescalate in a crisis. This class will be presented by Chelsea Bullins, Member Engagement Specialist. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Craft Time: Come out and enjoy craft time with your children. During this class, children will learn to make different types of art and be creative while having fun. This class is geared towards children ages four to ten years old. However, anyone is welcome to come and make crafts if they would like. Supplies will be provided free of charge. This class will be led by local artist, Olga Diaz.

Fresh Start Smoking Cessation Class- During this four week class, you will learn helpful techniques to quit smoking and stay smoke free from a trained facilitator in a comfortable, group setting. This class is one hour each week for four weeks total. This class is designed by the American Cancer Society. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Game Fun- The fun of board games is undeniable, but this sometimes masks a wonderfully serious side they can bring through educational enrichment. Whether perfecting fine motor skills or strategic reasoning or social negotiation, many board games gain acclaim for the ways they stimulate important skills. Board game fun for all ages!

Gentle Yoga – Yoga appears to be particularly beneficial when it comes to mental health, with studies showing it helps improve psychiatric disorders such as depression, anxiety, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD), by using physical postures, breath work, and meditation. Please join Elohee El-Bey as he guides you through yoga.

Healthy, Thrifty Holiday Menus- Come to learn healthy options for the upcoming holidays to create your own family menu. Make Tasty, Affordable Holiday Menus with SNAP-Ed Connection recipes! Each menu has vegetarian options. All recipes meet the What's Cooking? USDA Mixing Bowl Nutrition Criteria. Information referenced from SNAP-Ed Connection via U.S. Department of Agriculture. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Ice Cream Social- Cool off by attending the social and having ice cream with friends. Ice cream and toppings are provided free of charge. Registration is not required, feel free to bring a friend or family member along and enjoy ice cream.

Karaoke- Bring a friend and come sing along to songs enjoyed by everyone! Feel free to bring your own music and song selection choice. Microphones are provided onsite for members to sing.

Legal Aid Clinic: Custody – Presented by Legal Aid of North Carolina, this clinic 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 questions by participants.

Legal Aid Clinic: 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 questions by participants.

Legal Aid Clinic: Employee Rights Clinic – Legal Aid of North Carolina wants to educate workers about their rights as employees under North Carolina and Federal law. Learn about employment at will, right to work, discrimination and retaliation in the workplace, and eligibility for unemployment benefits.

Legal Aid Clinic: Expungement – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina’s expunction law. It is intended to help participants determine if they are eligible to have one or more charges removed from their records. Specific legal advice for individual cases is not provided at this clinic.

Legal Aid Clinic: Social Security Disability- Our free Social Security Disability clinic will educate participants on the types of adult Social Security Disability benefits, how you qualify, the application process, and what you will need to show to prove you are entitled to benefits. There will be an instructional video. At the end of the video, participants can ask general questions to a volunteer attorney through a webinar. Specific legal advice is not provided at these clinics.

Painting 101 taught by Olga Diaz- Are you interested in learning about all things Art? Come, learn and paint with our local artist, Olga Diaz. Paint materials provided. Class is offered at no cost.

Opioid 101- This presentation will provide information on defining what opioids are, exploring signs and symptoms, and the effects on the body and brain. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Popcorn and Movie - Come by and relax and watch a movie with friends!! Of course, fresh popcorn is provided. Please call Rockingham Wellness Center ahead of time to find out which movie will be showing for dates scheduled on calendar.

Prevention 101- Join us for a discussion of the history of prevention. In this training we will determine a definition of prevention, discuss how continuum of care fits with intervention, treatment and recovery and how prevention connects to MH/SUD/IDD. We will also discuss how prevention looks in the community, address how prevention appears in your current home/life and then identify ways you can be an influence of prevention in your community. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Rockingham County Collaborative - The County Collaborative promotes the sharing of resources and accountability across agencies and programs in partnership with families, children and youth who have significant mental health needs. The collaborative helps build community capacity to provide effective, community-based, family and youth driven services that are delivered within a system of care philosophy.

Rockingham Community Partners Meeting – The Rockingham Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, Law Enforcement, and NAMI, along with behavioral health agency representatives providing services in Rockingham County. The group was formed to address the specific behavioral health needs of the residents of Rockingham County, including those identified by the Suicide Task Force. This meeting is open to the general public. Come have a voice in your community.

Simple Crafts – Activities like painting, drawing, and sculpting are relaxing and rewarding hobbies that can lower your stress levels. Art can improve well-being by increasing positive emotions and relaxation. Art supplies are provided. Registration is required for this course and closes three business days before the class begins.

Snow Cone Social- Cool off this summer by attending the social and having a snow cone with friends. Snow cones are provided free of charge.

Stretch and Tone- Join Adrienne Branch for Stretch and Tone class on Monday afternoons at Rockingham Wellness Center. Stretch and Tone classes work on improving movement and flexibility, with a bit of muscle toning thrown in for good measure. You'll be bending and stretching to music, targeting different muscle groups to help you move better and feel great.

The Rockingham County Social – The dance provides an opportunity for fellowship, fun, food, music, and dancing. It is sponsored by The ARC of Rockingham County, Inc., a volunteer-based organization made up of individuals with intellectual, developmental and other disabilities, their families, friends, interested citizens, and professionals in the I/DD field.

Trivia Time- Come to the Wellness Center to participate in a competition where the competitors are asked questions about interesting, facts in many different subjects.

Upward to Financial Stability— The participant will learn the basic principles of money. We will discuss why money’s important, how we get it, how we create good money habits, and how money management skills help us reach our goals for financial stability. This interactive workshop will be presented by Tim Simmons, Member Engagement Specialist with Cardinal Innovations. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Whole Health Action Management (WHAM)- The primary purpose of this training is to teach skills to better self-manage chronic physical and mental health illnesses to achieve whole health, which is defined as having a healthy mind and body. Chelsea Bullins and Tim Simmons, both Member Engagement Specialists with Cardinal Innovations will guide you through the process. **Registration is required for this course and closes two business days before the class begins. Please call 336-778-3659 to register.**

Wii Family Fun- Enjoy playing fun games on the Wii! Bring your family and friends to socialize together to play fun games on the Wii. No registration required. This is a self-guided class with no instructor.

If you have any special requests or accommodations needed in order to fully participate in these events, please contact the event organizer. Please note we may not be able to grant all such requests.

The Rockingham Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3659 or emailing triadwellnessteam@cardinalinnovations.org.

During times of inclement weather Rockingham 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. If you have any questions, please call 336.778.3659

To schedule an event or register for classes, please call 336.778.3659 or email triadwellnessteam@cardinalinnovations.org. Class sizes are limited, so please register early.