

March 2020				
Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><b>1:00 - 2:00 pm</b> Painting 101</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class</p>	<p><b>3</b></p> <p><b>9:00 am - 5:00 pm</b> Whole Health Action Management <b>Registration Required</b></p> <p><b>12:00 - 1:00 pm</b> Lunch and Learn: Integrated Healthcare <b>Registration Required</b></p> <p><b>1:00 - 2:00 pm</b> Adult Coloring</p> <p><b>2:30 - 4:00 pm</b> Legal Aid Clinic: Expungement Presentation</p>	<p><b>4</b></p> <p><b>12:00 - 1:00 pm</b> Karaoke</p> <p><b>1:00 - 2:00 pm</b> Simple Crafts: DIY Lip Gloss</p> <p><b>2:00 - 3:00 pm</b> Wii Family Fun</p>	<p><b>5</b></p> <p><b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class</p> <p><b>2:30 - 4:00 pm</b> Legal Aid Clinic: SSI/SSD Presentation</p> <p><b>4:00 - 5:00 pm</b> Gentle Yoga</p>	<p><b>6</b></p> <p><b>10:30 am - 12:00 pm</b> Abilities Tennis <b>Registration Required</b></p> <p><b>2:30 - 4:00 pm</b> Popcorn and Movie</p>
<p><b>9</b></p> <p><b>1:00 - 2:00 pm</b> Painting 101</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class</p>	<p><b>10</b></p> <p><b>11:00 am - 1:00 pm</b> Chronic Pain and Fibromyalgia Warriors Support Group</p> <p><b>1:00 - 2:00 pm</b> Adult Coloring</p> <p><b>2:30 - 4:00 pm</b> Legal Aid Clinic: Custody Presentation</p> <p><b>4:00 - 5:00 pm</b> Safely Dispose of Sensitive Documents</p>	<p><b>11</b></p> <p><b>1:00 - 2:00 pm</b> Karaoke</p> <p><b>2:00 - 3:00 pm</b> Simple Crafts: DIY Candles</p> <p><b>2:00 - 3:00 pm</b> Self-care Activities</p> <p><b>3:00 - 4:00 pm</b> Wii Family Fun</p>	<p><b>12</b></p> <p><b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class</p> <p><b>2:30 - 4:00 pm</b> Legal Aid Clinic: Employee Rights Presentation</p> <p><b>4:00 - 5:00 pm</b> Gentle Yoga</p> <p><b>6:30 - 8:00 pm</b> The Rockingham County Social</p>	<p><b>13</b></p> <p><b>12:30 - 2:30 pm</b> Popcorn and Movie</p> <p><b>4:00 - 5:00 pm</b> Simple Crafts: Polymer Clay Art <b>Registration Required</b></p>
<p><b>16</b></p> <p><b>1:00 - 2:00 pm</b> Painting 101</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class</p>	<p><b>17</b></p> <p><b>1:00 - 2:00 pm</b> Adult Coloring</p> <p><b>4:00 - 5:00 pm</b> Safely Dispose of Sensitive Documents</p>	<p><b>18</b></p> <p><b>12:00 - 1:00 pm</b> Game Fun</p> <p><b>1:00 - 2:00 pm</b> Simple Crafts: DIY Slime/Hand Scrub</p> <p><b>1:00 - 2:00 pm</b> Self-care Activities</p> <p><b>2:00 - 3:00 pm</b> Wii Family Fun</p>	<p><b>19</b></p> <p><b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting</p> <p><b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class Adrienne Branch, Instructor</p> <p><b>2:30 - 4:00 pm</b> Legal Aid Clinic: Divorce</p> <p><b>4:00 - 5:00 pm</b> Gentle Yoga</p>	<p><b>20</b></p> <p><b>12:00 - 1:30 pm</b> Suicide and Prescription Awareness of Rockingham County (SPARC)</p> <p><b>12:30 - 2:30 pm</b> Popcorn and Movie</p>

March 2020				
Mon	Tue	Wed	Thu	Fri
<b>23</b> <b>10:00 - 11:00 am</b> Try Tennis (Youth) <b>Registration Required</b>  <b>11:00 am - 12:00 noon</b> Simple Crafts: Build a Birdhouse <b>Registration Required</b>  <b>1:00 - 2:00 pm</b> Painting 101  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>24</b> <b>10:30 am - 12:00 pm</b> Rockingham County Community Collaborative  <b>1:00 - 2:00 pm</b> Self-care Activities: Gratitude Journal  <b>4:00 - 5:00 pm</b> Conflict Resolution <b>Registration Required</b>	<b>25</b> Wellness Center Closed	<b>26</b> <b>12:00 - 1:00 pm</b> Alcoholics Anonymous Open Meeting  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class Adrienne Branch, Instructor  <b>2:30 - 4:00 pm</b> Legal Aid Clinic: Tenant Rights  <b>4:00 - 5:00 pm</b> Gentle Yoga  <b>5:00 - 6:00 pm</b> Prevention 101 <b>Registration Required</b>  <b>6:00 - 7:00 pm</b> Opioids 101 <b>Registration Required</b>	<b>27</b> <b>12:30 - 2:30 pm</b> Popcorn and Movie  <b>4:00 - 5:00 pm</b> Simple Crafts: Sun Catcher <b>Registration Required</b>
<b>30</b> <b>1:00 - 2:00 pm</b> Painting 101  <b>2:00 - 3:00 pm</b> Stretch and Tone Exercise Class	<b>31</b> <b>1:00 - 2:00 pm</b> Adult Coloring  <b>4:00 - 5:00 pm</b> Safely Dispose of Sensitive Documents			

## Rockingham Program Descriptions

**Abilities Tennis:** Abilities Tennis is committed to providing tennis opportunities to players with intellectual disabilities of all ages and playing levels. **Registration is required for this course. Please call 336-778-3659 to register.**

**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.

**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.**

**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.

**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. **Registration is required.**

**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. **Registration is required.**

**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. **Registration is required.**

**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. **Registration is required.**

**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. **Registration is required.**

**Legal Aid Clinic: The Tenant Rights** – Legal Aid of NC will educate you, explain your legal rights as a tenant, and empower 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.**

**Lunch and Learn: Integrated Care**- The future of healthcare is moving towards an integrated model which provides a bridge between medical and behavioral health. Teneka Striblin from James Austin Health Center will present information on Integrated Healthcare. James Austin Health Center is a primary care and behavioral health medical home serving residents of Rockingham County, North Carolina and surrounding areas. Teneka is a part of the Integrated Behavioral Health Team at James Austin Health Center. The Integrated Behavioral Health Program applies an evidence-based approach to integrate behavioral health into primary care. This model incorporates mental health treatment into a traditional medical visit. **Registration is required for this course. Please call 336-778-3659 to register.**

**Opioids 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.**

**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.

**Popcorn and Movie** - Come by and relax and watch a movie with friends!! Of course, fresh popcorn is provided.

**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.

**Safely Dispose of Sensitive Documents**- Visit Rockingham Wellness Center to securely dispose of documents which may contain personal or confidential information.

**Self-care Activities**- Come to Rockingham Wellness Center and explore different self-care activities. Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. 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. This is a self-guided class with no instructor.

**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. This is a self-guided class with no instructor.

**Stretch and Tone taught by Adrienne Branch**- 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.

**Suicide and Prescription Awareness of Rockingham County (SPARC)** – Find out what you can do to help reduce the rates of suicide and prescription drug misuse in Rockingham County. Any citizen concerned about these health crisis in our community is encouraged to attend this meeting. Meetings are held the third Friday of every month at noon.

**The Rockingham County Social** – The dance provides an opportunity for fellowship, fun, food, music, and dancing. It is sponsored by Mount Jubilee Ministries and Cardinal Innovations Healthcare.

**Try Tennis Youth**- Try Tennis Youth, led by Pat Williams of Pat’s Tennis Aces is an introduction to tennis for any beginner youth players ages 6-12. **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** – 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. Registration is required. **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](mailto: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](mailto:triadwellnessteam@cardinalinnovations.org). Class sizes are limited, so please register early.