

November 2019				
Mon	Tue	Wed	Thu	Fri
				1 12:00 – 1:00 pm Obsessive Compulsive Disorder (OCD) Lunch and Learn Registration required 2:30 – 4:30 pm Popcorn and Movie:
4 10:00 am – 12:00 pm Arts and Crafts 4:00 – 5:00 pm Gentle Yoga Jane Allen, instructor 5:45 – 6:45 pm Zumba Krysta Gary, instructor	5 10:00 – 11:30 am Art for Wellness taught by Sara Brewer 12:00 – 1:00 pm AA Meeting (Open Meeting) 2:30 - 4:00 pm Legal Aid Clinic: Expungement	6 10:00 am – 12:00 pm Basic Vocational Skills 1:00 – 2:00 pm ABLE Act Registration required 5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor	7 9:00 – 9:45 am Sit and Stretch Victoria Stellato, instructor 10:00 am – 12:00 pm Expressions 2:30 - 4:00 pm Legal Aid Clinic: Social Security Disability 5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor	8 1:00 – 2:00 pm BINGO 2:30 – 4:30 pm Popcorn and Movie
11 12:00 – 1:00 pm Post-Traumatic Stress Disorder (PTSD) Lunch and Learn Registration required	12 12:00 – 1:00 pm AA Meeting (Open Meeting) 1:00 – 3:00 pm QPR Suicide Prevention Registration required 2:30 - 4:00 pm Legal Aid Clinic: Child Custody 5:45 – 7:15 pm National Alliance on Mental Illness (NAMI) Family Support Group	13 10:00 am – 12:00 pm Basic Vocational Skills 5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor	14 9:00 – 9:45 am Sit and Stretch Victoria Stellato, instructor 10:00 am – 12:00 pm Expressions 2:30 - 4:00 pm Legal Aid Clinic: Employee Rights 5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor	15 9:00 – 10:30 am Team Building Activities Registration required 2:30 – 4:30 pm Popcorn and Movie
18 10:00 am – 12:00 pm Arts and Crafts 1:00 – 2:00 pm 10 Tips for Better Sleep! Registration required 4:00 – 5:00 pm Gentle Yoga Jane Allen, instructor 5:45 – 6:45 pm Zumba Krysta Gary, instructor	19 10:00 – 11:30 am Art for Wellness taught by Sara Brewer 12:00 – 1:00 pm AA Meeting (Open Meeting) 5:00 – 7:00 pm Now That I'm 18 Registration required	20 10:00 am – 12:00 pm Basic Vocational Skills 12:00 – 2:00 pm Veteran's Picnic/Social 5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor	21 9:00 – 9:45 am Sit and Stretch Victoria Stellato, instructor 10:00 am – 12:00 pm Expressions 2:30 – 4:00 pm Legal Aid Clinic: Simple Divorce 5:30 - 6:30 pm Tai Chi Kelly Stellato, instructor	22 1:00 – 2:00 pm BINGO 2:30 - 4:30 pm Popcorn and Movie

November 2019				
Mon	Tue	Wed	Thu	Fri
<p>25</p> <p>9:00 – 11:00 am Integrated Care Management Registration required</p> <p>5:45 – 6:45 pm Zumba Krysta Gary, instructor</p>	<p>26</p> <p>10:00 – 11:30 am Art for Wellness taught by Sara Brewer</p> <p>12:00 – 1:00 pm AA Meeting (Open Meeting)</p> <p>1:00 - 2:30 pm Upward to Financial Stability: Continuum of Housing and Supports Registration required</p> <p>5:45 – 7:15 pm National Alliance on Mental Illness (NAMI) Family Support Group</p>	<p>27</p> <p>10:00 am – 12:00 pm Basic Vocational Skills</p> <p>2:00 – 3:00 pm Community Partners Meeting</p> <p>5:30 – 6:30 pm Gentle Yoga Jane Allen, instructor</p>	<p>28</p> <p>Closed</p> <p>Thanksgiving Holiday</p>	<p>29</p> <p>Closed</p> <p>Thanksgiving Holiday</p>

Davie Program Descriptions

ABLE Act – The ABLE Act is a federal and state law that allows people with disabilities to save money for qualified expenses without it affecting their SSI, SSDI, or Medicaid benefits. Join Bob Scofield, Member Engagement Specialist with Cardinal Innovations, as he explains the importance of this Act and the potential benefits. **Registration is required.**

Alcoholics Anonymous (Open) - 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. This is an open meeting, meaning anyone is welcome to attend.

Art for Wellness taught by Sara Brewer- 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. Come, learn and paint with our local artist Sara Brewer. Paint materials provided.

Arts and Crafts – Creativity and the arts can help you to express your thoughts and emotions that can be difficult to put into words. It also helps to lower stress and anxiety, increase feelings of relaxation. Creating something unique can give you a sense of pleasure and accomplishment. Please join Natalie Saad to create something special today. All materials are provided.

Basic Vocational Skills – Interviewing, getting along with others, dressing for success, brushing up on your reading and math skills. These are all important skills to find a job and keep a job. Please join Natalie Saad from Milling Manor as she guides you to prepare for a job or volunteer experience.

Bingo – Enjoy a Friday afternoon socializing, relaxing, and playing one of America’s favorite games. A person's social health impacts his/her ability to build friendships and form intimate relationships, plus studies show that positive social interactions can enhance a person's physical and mental health. Small prizes for the winners!

Child Custody Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina’s custody laws via video conference. Presented by the Legal Aid of North Carolina. **Registration is required.**

Davie Community Partners Meeting - The Davie Stakeholders Work Group is composed of representatives from entities such as DSS, DJJ, Public Health, Law Enforcement, NAMI, etc., along with behavioral health agency representatives providing services in Davie County. The group was formed to address the specific behavioral health needs of the residents of Davie County, including those identified by the Suicide Task Force.

Divorce Clinic (Legal Aid of NC) - This clinic is designed to provide detailed information about North Carolina divorce law via video conference. Presented by Legal Aid of North Carolina. **Registration is required.**

Employee Rights (Legal Aid of NC) – Know your rights on the job. Learn about what your employer can and cannot do. Join Legal Aid of North Carolina in explaining your rights. **Registration is required.**

Expressions- Engage in various forms of expression such as art, music, drama, poetry, lights, as well as learn about cultural expression from around the world.

Expungement Law Clinic (Legal Aid of NC) – Presented by legal Aid of North Carolina, this clinic is designed to explain North Carolina’s expunction law. It will 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.**

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 Jane Allen, certified Yoga instructor, in this beneficial activity.

Integrated Care Management (ICM) – ICM looks at the whole person, their physical health, emotional health, social supports, financial stability, and spirituality to improve the care and quality of life of those receiving care. It emphasizes shared decision making to empower the patient. Please join Bob Scofield, Member Engagement Specialist, in this informative presentation. **Registration is required.**

NAMI Support Group - NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. The group is led by a trained facilitator through NAMI.

Now That I’m 18 – Join this informational presentation for families and youth who will be turning 18 who have Medicaid and/or disabilities. Learn how to transition to adult Medicaid and other important information. Bob Scofield, Member Engagement Specialist from Cardinal Innovations Healthcare will be presenting the material. **Registration is required.**

Obsessive Compulsive Disorder – This presentation discusses the definition of OCD, causes, treatments, and factors that increase the risk for getting OCD. It also discusses some other disorders that are related to OCD. **Lunch will be provided. Registration required.**

Popcorn & Movie – End the busy work week by watching a movie with friends! Of course, fresh popcorn is provided.

Post-Traumatic Stress Disorder – The presentation defines Post Traumatic Stress Disorder and will help participants understand the symptoms associated with PTSD. The training will provide appropriate strategies to help support those impacted by PTSD. The training will be presented by Crystal Smoots, Therapeutic Alternatives. **Lunch will be provided. Registration is required.**

Question, Persuade, Refer (QPR) Suicide Prevention Training – This training teaches an emergency response to someone in crisis. Learn to ask the right questions, persuade a person to get help, and refer the person to the right resources. Meenal Khujaria, Community Engagement Specialist at Cardinal Innovations will lead this important training. **Registration required.**

Tai Chi – Kelly Stellato and her daughter Victoria will guide you in the art of Tai Chi, which utilizes slow-moving external martial arts postures in conjunction with mindful deep breathing techniques to improve your spiritual, mental, emotional, and physical health. No prior experience needed; this class is intended for participants of all levels. Dress for easy movement.

Team Building Activities – Are you interested in working better as a team? These activities are designed to increase communication and bring more cohesiveness and understanding to your team. Please join Bob Scofield, Cardinal Innovations for this great team experience.

The Tenant Rights Clinic – 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.**

10 Tips for Better Sleep! – For many people, bedtime and getting restful sleep are battles that we lose every night. Join us to learn best practices for good sleep hygiene in a *Ten Tips for Better Sleep* class and take back your sleep time! **Registration is required**

Upward to Financial Stability: Continuum of Housing and Services – Introduces participants to the concept of different types of housing and how to make decisions about the type of housing that best meets the individual's needs. We will also discuss supports designed to help individuals achieve their housing goals. Bob Scofield, Member Engagement Specialist, will present this informative workshop. **Registration is required.**

Veterans Picnic and Social – Come Fellowship with other Davie County veterans and enjoy a free lunch and good conversation. For those who want to participate, there will be activities and vendors from various veteran organizations to answer your questions. Family members are also welcomed. See you there!

Zumba with Krysta – Zumba is a Latin dance fitness program appropriate for everyone, from beginner through advanced fitness levels. Have fun! Get fit! Socialize! Join Krysta Gary, certified Zumba 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 Davie Wellness Center is available for community meetings without charge. All meetings and activities must be coordinated by Wellness Center Staff by calling 336.778.3658 or emailing triadwellnessteam@cardinalinnovations.org.

During times of inclement weather, Davie 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 schedule an event or register for classes, please call 336.778.3658 or email triadwellnessteam@cardinalinnovations.org. Class sizes are limited, so please register early.