

INDIO Peer Support & Resource Center

44199 Monroe Street, Suite B
Indio CA 92201-Phone: 760-863-7067



2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENTAL HEALTH AWARENESS MONTH</p>		<p>1</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Coping Thru Creativity 12:00-1:00 Lunch & Learn 1:30-3:00 Take Action to Anger Wk 6</p>	<p>2</p> <p>9:00-10:00 Morning Reflections 11:30- 3:00 Mental Health Awareness Fair at CV History Museum</p>	<p>3</p> <p>9:00-10:00 MORE Wk2 10:30-11:30 Exploring Meditation 12:00-3:00 Recovery Activity</p>
<p>6</p> <p>9:00 - 10:00 Morning Reflections 10:30-11:30 "I AM Not Alone" wk8 12:00-1:00 Lunch & Learn 1:30-3:00 Building Self Esteem Wk6</p>	<p>7</p> <p>9:00 - 10:00 Morning Reflections 10:30-11:30 WELL Wk14 12:00-1:00 Lunch & Learn 1:30-3:00 Recovery Games 3:00-4:00 Companeros</p>	<p>8</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Coping Thru Creativity 12:00-1:00 Lunch & Learn 1:30-3:00 Take Action to Anger Wk7</p>	<p>9</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Mindful Fitness 12:00-1:00 Lunch & Learn 1:30-3:00 Coping Thru Creativity</p>	<p>10</p> <p>9:00-10:00 MORE Wk3 10:30-11:30 Exploring Meditation 12:00-3:00 Recovery Activity</p>
<p>13</p> <p>9:00 - 10:00 Morning Reflections 10:30-11:30 Procrastination Wk1 12:00-1:00 Lunch & Learn 1:30-3:00 Building Self Esteem Wk7</p>	<p>14</p> <p>9:00 - 10:00 Morning Reflections 11:00 - 3:00 Art Show Festival @Fairgrounds 3:00-4:00 Companeros</p>	<p>15</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Coping Thru Creativity 12:00-1:00 Lunch & Learn 1:30-3:00 Take Action to Anger Wk 8</p>	<p>16</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Mindful Fitness 12:00-1:00 Lunch & Learn 1:30-3:00 Coping Thru Creativity</p>	<p>17</p> <p>9:00-10:00 MORE Wk4 10:30-11:30 Exploring Meditation 12:00-3:00 Recovery Activity</p>
<p>20</p> <p>9:00 - 10:00 Morning Reflections 10:30-11:30 Procrastination Wk2 12:00-1:00 Lunch & Learn 1:30-3:00 Stepping out of Social Anxiety Wk1</p>	<p>21</p> <p>9:00 - 10:00 Morning Reflections 10:30- 11:30 WELL Wk15 12:00-1:00 Lunch & Learn 1:30-3:00 Recovery Games 3:00-4:00 Companeros</p>	<p>22</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Coping Thru Creativity 12:00-1:00 Lunch & Learn 1:30-3:00 Take Action to Anger Wk 9</p>	<p>23</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Mindful Fitness 12:00-1:00 Lunch & Learn 1:30-3:00 Coping Thru Creativity</p>	<p>24</p> <p>9:00-10:00 MORE Wk5 10:30-11:30 Exploring Meditation 12:00-3:00 Recovery Activity</p>
<p>27</p>	<p>28</p> <p>9:00 - 10:00 Morning Reflections 10:30-11:30 WELL Wk1 12:00-1:00 Lunch & Learn 1:30-3:00 Recovery Games 3:00-4:00 Companeros</p>	<p>29</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Coping Thru Creativity 12:00-1:00 Lunch & Learn 1:30-3:00 Take Action to Anger Wk 10</p>	<p>30</p> <p>9:00-10:00 Morning Reflections 10:30-11:30 Mindful Fitness 12:00-1:00 Lunch & Learn 1:30-3:00 Coping Thru Creativity</p>	<p>31</p> <p>9:00-10:00 MORE Wk6 10:30-11:30 Exploring Meditation 12:00-3:00 Recovery Activity</p>

Group Descriptions

De Companero a Companero- (Grupo en Espanol) – El grupo está diseñado para ayudar a las personas a encontrar y continuar el bienestar en todos los aspectos de la vida diaria. Este grupo utiliza un enfoque holístico para promover el bienestar mental, físico, social, financiero, espiritual y en general

Building Self-Esteem- Do you feel low on confidence and self-esteem? Building self-esteem requires getting to know oneself. In this group we practice self-compassion and positive self-talk. Learn how to treat yourself with the same kindness and encouragement as loved ones.

Coping Through Creativity—this group will support individuals in the exploration of creativity as a wellness tool. This could include things such as journaling, coloring, mandalas, and vision boards and should explore all types of creative outlets.

“I AM NOT ALONE”- Reflecting on your life’s journey, exploring the benefits of solitude. Utilize mindfulness and coping skills for emotional regulation. We will create a plan for unexpected setbacks

My Ongoing Recovery Experience (MORE) —(This is for folks who can identify with substance abuse challenges in their personal life, past or present.) This group offers education and guidance on essential recovery topics that will help you successfully manage your recovery from substance abuse and/or co-occurring mental health challenges.

Group Outings- Join us in the community as we explore no-cost activities in our desert area. We provide linkage to local resources for members to utilize for their recovery. This is an opportunity to practice coping skills in different social settings.

Lunch and Learn—bring your lunch and participate in discussion with your peers to support your wellness and recovery through the combined wisdom, knowledge and mutuality.

Procrastination- Often people mistake procrastination for “laziness”. We will understand why procrastination is part of our human behavior. In this module we will learn about identifying how and why we procrastinate.

Social Skills Recovery Games—this group provides participants the opportunity to engage with other community members, in a fun and interactive way that increases social skills and natural supports.

Stepping out of social anxiety- In this group we answer these questions, “What is social anxiety?” and “what causes social anxiety?”

Taking Action to Manage Anger—this group will assist individuals in exploring the causes of anger, assist in the development of anger control tools and anger control plan, explore how to identify and challenge beliefs and thinking patterns that contribute to anger.

Wellness and Empowerment in Life and Living (W.E.L.L.)—this group is designed to assist individuals in finding and continuing wellness in all aspects of daily life. This groups uses holistic approach to promote mental, physical, social, financial, spiritual and general wellness.

Mindful Fitness—this group assists individuals in exploring how physical wellness can support their mental health wellness goals. This could include discussions around the benefits of diet and nutrition on wellness, exploring various types of mindful exercises such as chair yoga, tai chi, walking, etc.