



**Family and Friends
Education and Support Group**

Every Wednesday from 7:00 to 9:30 PM

Presented by

Metropolitan State Hospital

11401 South Bloomfield Avenue, Norwalk CA 90650

At the OASIS Building

{At the entrance to the hospital grounds go just past the Police Kiosk (guard shack). As soon as you go over the 1st speed bump take an immediate left onto Cedar Street. Then go about one block. James Hall will be on your right hand side. Take the next immediate right turn into the James Hall parking lot. If you go past the stop sign you've gone too far. The OASIS building is directly across from the front entrance to James Hall. We'll leave the lights on!

January 3rd through March 28, 2018

January 3	Your Goals & Dreams for 2018!
January 10	How to Implement the Stages of Change
January 17	Move to Improve (wear comfortable clothing)
January 24	Revitalizing Yoga for Wellness by Roxanne
January 31	No Meeting Tonight
February 7	Planning, Caring and Sharing
February 14	Heart Healthy Valentines Party! (pot luck)
February 21	Mindfulness Meditation to Achieve Goals
February 28	Guided Meditation for Stress Reduction
March 1	Planning, Caring and Sharing
March 7	How to Stop the BURN in BURNOUT
March 14	A Story of Wellness, Recovery & Hope by John C.
March 21	Spirituality for Wellness
March 28	Foods That Can be Healing for the Body & Mind

For more information please call Mark Martin at (562) 395-3969