

**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
The meeting will take place 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 on to Cedar Street. Then go about one block past another speed bump. James Hall will be on your right. Take the next 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!

November 2nd through January 4th, 2017

November 2	Caring & Sharing / Planning
November 9	Holiday Stress & Distress by Alejandra
November 16	<i>Healthy Eats for the Holidays</i>
November 23	Happy Thanksgiving – <i>No Meeting</i>
November 30	Gentle Yoga for Wellness DVD
December 7	Caring & Sharing / Planning for 2017
December 14 <i>(Meet at 6:30 p.m.)</i>	<i>Annual Holiday Pot Luck Dinner!</i> Celebrate at the OASIS – Bring a Favorite Dish!
December 21	<i>No Meetings - Next Meeting January 4th</i>
December 28	Happy Holidays - Be Safe & Healthy!
January 4	Goals for 2017 + Caring and Sharing

**For more information or directions please call:
Mark Martin RTC at (562) 395-3969
(Keep Hope Alive!)**

Happy Holidays and Wishing You and Yours Best for 2017!!