

**DANIEL'S PLACE**

**SEPTEMBER 2010 CALENDAR OF EVENTS**

Phone # (310) 392-5855 Fax # (310) 453-4817

**NEW HOURS:** Tuesday, Thursday, Friday 8:30 am – 7:00 pm, Wednesday 11:00am- 7:00pm, Saturday 12:00 pm – 5:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 12:00 Goals Group 1:00 Job Skills Group 1:00 New Member Group 2:00 Relationship Group 3:00 Recreation Last Quarter Moon	<b>2</b> 12:00 Walking & Talking 1:00 Authentic Self 2:00 DP Staff Meeting 4:00 Men's Group 5:00 AA Meeting	<b>3</b> 1:00 Women's Group 2:00 Sexuality Group 3:00 Cartooning with Ozzy 3:00 Life Skills Group 4:00 Let's Vent 5:00 Anime Movie Night	<b>4 Oatmeal Day</b> 12:00 Dual Recovery 1:00 Peer Group 2:00 Painted Brain 2:00 DMAC 2:30 Art Group 3:00 Karaoke
<b>5</b> Closed	<b>6</b> Closed  Labor Day	<b>7 Salami Day</b> 12:00 Sobriety Group 12:00 Spoken Words as Art 1:00 Happy Hour 2:30 Peer Group 3:30 Connecting w/ Friends 4:30 Happy Moves	<b>8 Rosh Hashanah</b> 12:00 Goals Group 1:00 Job Skills Group 1:00 New Member Group 2:00 Relationship Group 3:00 Recreation 6:30 Parent/Family Support Group-CANCELLED New Moon	<b>9</b> 12:00 Walking & Talking 1:00 Authentic Self 2:00 DP Staff Meeting 4:00 Men's Group 5:00 AA Meeting	<b>10</b> 1:00 Women's Group 2:00 Sexuality Group 3:00 Cartooning with Ozzy 3:00 Life Skills Group 4:00 Let's Vent 5:00 Movie Night	<b>11 Patriot Day</b> 12:00 Dual Recovery 1:00 Peer Group 2:00 Painted Brain 2:30 Art Group 3:00 Karaoke
<b>12</b> Closed  Video Games Day	<b>13</b> Closed  Int'l Chocolate Day	<b>14</b> 12:00 Sobriety Group 12:00 Spoken Words as Art 1:00 Happy Hour 2:30 Peer Group 3:30 Connecting w/ Friends 4:30 Happy Moves	<b>15</b> 12:00 Goals Group 1:00 Job Skills Group 1:00 New Member Group 2:00 Relationship Group 3:00 Recreation First Quarter Moon	<b>16</b> 12:00 Walking & Talking 1:00 Authentic Self 2:00 DP Staff Meeting 4:00 Men's Group 5:00 AA Meeting	<b>17 Yom Kippur</b> 1:00 Women's Group 1:00 Let's Vent! 2:00 Sexuality Group 3:00 Cartooning with Ozzy 3:00 Life Skills Group 5:00 Movie Night	<b>18 Respect Day</b> 12:00 Dual Recovery 1:00 Peer Group 2:00 Painted Brain 2:00 DMAC 2:30 Art Group 3:00 Karaoke
<b>19</b> Closed	<b>20</b> Closed	<b>21 Int'l Peace Day</b> 12:00 Sobriety Group 12:00 Spoken Words as Art 1:00 Happy Hour 2:30 Peer Group 3:30 Connecting w/ Friends 4:30 Happy Moves	<b>22 Hobbit Day</b> 12:00 Goals Group 1:00 Job Skills Group 1:00 New Member Group 2:00 Relationship Group 3:00 Recreation 6:30 Parent/Family Support Group-Speaker Dave Leon	<b>23</b> 12:00 Walking & Talking 1:00 Authentic Self 2:00 DP Staff Meeting 4:00 Men's Group 5:00 AA Meeting  Full Moon	<b>24</b> 12:00 DV Tenant Meeting 1:00 Women's Group 1:00 Let's Vent! 2:00 Sexuality Group 3:00 Cartooning with Ozzy 3:00 Life Skills Group 5:00 Movie Night	<b>25</b> 12:00 Dual Recovery 1:00 Peer Group 2:00 Painted Brain 2:30 Art Group 3:00 Karaoke
<b>26</b> Closed	<b>27</b> Closed  World Heart Day	<b>28</b> 12:00 Sobriety Group 12:00 Spoken Words as Art 1:00 Happy Hour 2:30 Peer Group 3:30 Connecting w/ Friends 4:30 Happy Moves	<b>29 Women's Health Day</b> 12:00 Goals Group 1:00 Job Skills Group 1:00 New Member Group 2:00 Relationship Group 3:00 Recreation	<b>30</b> 12:00 Walking & Talking 1:00 Authentic Self 2:00 DP Staff Meeting 4:00 Men's Group 5:00 AA Meeting Last Quarter Moon		

# DESCRIPTION OF GROUPS & EVENTS AT DANIEL'S PLACE

NEW ~ 1619 Santa Monica Blvd Santa Monica, CA 90404

[www.danielsplace.org](http://www.danielsplace.org)

Art Group Saturdays 2:30-4 p.m. Members get a chance to express themselves through art. Supplies provided by Daniel's Place.

Authentic Self Thursdays 1-2 p.m. Group focuses on learning to empower ourselves with the endless possibilities that we have as human beings. Members will be encouraged to explore self esteem, decision making, positive energy and spirituality.

Cartooning with Ozzy Fridays 3-4p.m.

NEW TIME/DAY Connecting with Friends Tuesday's 3:30-4:30 p.m. Social Support Group to help people connect with other members & learn valuable skills to create & sustain relationships.

DMAC (Daniel's Place Advisory Committee) Saturday's 2:00. DMAC is a bridge for communication among members, staff and the community. The DMAC is designed to help advance Daniel's Place as a mental health service agency and a community.

Goals Group Wednesdays 12-1pm

Happy Hour Tuesdays 1-2 p.m. Spend an hour laughing and enjoying each other's company. Participate in board games, improv, charades, karaoke, and other side bustin' activities.

NEW Happy Moves Tuesdays 4:30-5:30 Focus on breath awareness, good posture, turning inward, feeling our own energies, simple easy yoga and Qi Gong moves, self healing, and meditation.

Job Skills Group Wednesdays 1-2 p.m. Members explore resume building, how to fill out applications, do mock interviews, & discuss managing symptoms in the workplace. Assistance with finding jobs! Facilitated by a professional job coach.

NEW Karaoke Saturdays 3-4pm Are you the next American Idol?

NEW Lets Vent! Fridays 1:00-2:00p.m.

Life Skills Fridays 3-4p.m. Independent Living! Learn how to cook, manage money, clean your apartment, communicate with neighbors, and strengthen coping skills and much more!

Men's Group Thursdays 3:30-4:30 p.m. Based on a model of peer support, Men's Group is designed as space for men to connect with others & discuss issues important to them.

Movie Night EVERY Friday. One evening a week members have a casual meal, choose a movie, sit back & enjoy the comedy or drama in a Daniel's Place group room. Food provided by Daniel's Place.

New Member Orientation Tuesdays 12-1 p.m. One of Daniel's Place's peer advocates leads an open discussion of what to expect as a member of Daniel's Place. All members are invited to participate as part of welcoming our new members.

Painted Brain Saturdays 2--4 p.m. Members meet to generate content for publishing a "zine" of drawings, painting, poetry, short stories, & all forms of artistic expression. Focus is also on developing funding & advertising to support the publication of future issues. Come and express your creativity!  
[www.paintedbrain.org](http://www.paintedbrain.org)

Parent and Family Support Group 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays at 6:30 p.m. Parents who have experienced the chaos & symptoms of their children diagnosed with mental illness, meet with parents & families who for the 1<sup>st</sup> time face the dilemmas of mental illness including medication, housing, hygiene, siblings. A sharing from the heart.

Peer Group Tuesdays 2:30-3:30 p.m. & Saturdays 1-2 p.m. Peer support groups have open discussions. Daniel's Place members talk about issues important in their lives which include: learning symptom management & developing coping skills. Members have the opportunity to give & receive support from one another.

Recreation Wednesday s 3:00-4:00p.m. Staff and members will go to a local park to play a variety of sports, such as basketball, baseball, kickball and much more!

Relationship Group Wednesdays 2:00-3:00 p.m. Come learn how to manifest loving partnerships and strengthen current relationships.

Sexuality Friday's 2:00p.m-3:00p.m. Discuss topics such as Gender Roles, Boundaries, Body Image, Addiction, and more. We have created a safe space for discussions and sharing of information.

Sobriety Group Tuesday's 12-1 p.m. A place to discuss your relationship with Marijuana with a focus on how to reduce or eradicate any harm it has on your health and relationships.

NEW Spoken Words as Art Tuesdays 12:00-1:00pm

Walking & Talking Thursdays 12:00-1:00pm

Women's Group Fridays 1-2-p.m. A time for women to give support to each other about mental health stepping stones, focus on women's issues, and have fun together.

NEW Yoga August 5<sup>th</sup> @ 6:00-7:00pm