



WELL-BEING Services for:

Patients * Caregivers * Loved Ones

July 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	Physical limitation 2 6:15 pm – 7:00 pm PART II Depression & Anxiety 7:15pm – 8 pm	3	4	5
				Learn & Share 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	
6	7	Provider Support 8 11:30 am – 12:15 pm	Caregiving 9 6:15 pm – 7:00 pm PART II	10	11	12
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Movement 11:30 am – 12:15 pm	Men's Support 6:30 pm – 7:30 pm On-site starts 6:15pm	Change & Transition 7:15pm – 8 pm	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD	
13	14	Provider Support 15 11:30 am – 12:15 pm	Physical limitation 16 6:15 pm – 7:00 pm PART II	17	18	19
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Visualization 11:30 am – 12:15 pm	Men's Support 6:30 pm – 7:30 pm On-site starts 6:15pm	Depression & Anxiety 7:15pm – 8 pm	Learn & Share 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	
20	21	Provider Support 22 11:30 am – 12:15 pm	Caregiving 23 6:15 pm – 7:00 pm PART II	24	25	26
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Movement 11:30 am – 12:15 pm	Men's Support 6:30 pm – 7:30 pm On-site starts 6:15pm	Change & Transition 7:15pm – 8 pm	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD	
27	28	Provider Support 29 11:30 am – 12:15 pm	30	31		
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Visualization 11:30 am – 12:15 pm	Men's Support 6:30 pm – 7:30 pm On-site starts 6:15pm	Mt Shasta Hike/Climb Preliminary plan 6:30 pm – 7:30 pm			



WELL-BEING Services for:
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August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 WORKSHOP/WEBINAR TBD	2
3	4	5 Provider Support 11:30 am – 12:15 pm	6 Physical limitation 6:15 pm – 7:00 pm PART II	7	8 WORKSHOP/WEBINAR TBD	9
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Movement 11:30 am – 12:15 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm	Depression & Anxiety 7:15pm – 8 pm	Learn & Share 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	
10	11	12 Provider Support 11:30 am – 12:15 pm	13 Caregiving 6:15 pm – 7:00 pm PART II	14	15 Mt Shasta Hike/Climb Share Stories & Photos 11:30 am – 1:30 pm	16
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Visualization 11:30 am – 12:15 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm	Change & Transition 7:15pm – 8 pm	WORKSHOP/WEBINAR TBD		
17	18	19 Provider Support 11:30 am – 12:15 pm	20 Physical limitation 6:15 pm – 7:00 pm PART II	21	22 WORKSHOP/WEBINAR TBD	23
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Movement 11:30 am – 12:15 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm	Depression & Anxiety 7:15pm – 8 pm	Learn & Share 6:30 pm – 7:15 pm	WORKSHOP/WEBINAR TBD	
24	25	26 Provider Support 11:30 am – 12:15 pm	27 Caregiving 6:15 pm – 7:00 pm PART II	28	29 WORKSHOP/WEBINAR TBD	30
Grief Journeys 6:30 pm – 7:30 pm Online meeting only	Something More through Visualization 11:30 am – 12:15 pm	Men's Perspective 6:30 pm – 7:30 pm On-site starts 6:15pm	Change & Transition 7:15pm – 8 pm	WORKSHOP/WEBINAR TBD	WORKSHOP/WEBINAR TBD	
31						
Grief Journeys 6:30 pm – 7:30 pm Online meeting only						

NOTES

1. You must contact Well-Being services to receive on-line meeting connecting information if you have not previously received services and/or completed an intake packet. Some groups require participants complete intake forms prior to participating on-line; all require a brief phone interview to provide you with meeting details to see if it is a good fit for your needs.
2. Some gatherings are in a mixed location format, meaning participants can choose to be on-site for some meetings and online for others. We encourage you to consider meeting on-site at least 50% of the time for those groups that have an option. On-site participants will receive an enriched experience through being present in body as well as mind and mood. Some on-site meetings may begin a few minutes early. There may be additional time available to on-site participants to post process with the facilitator. Refreshments are provided for on-site participants. Contact Well-Being Services for more information.
3. A BAA has been established with Google Hangouts/Meet and hence this site is deemed to be a secure platform.