

Russian River Empowerment Center



<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>4</p> <p>1:30-3:00 Support Group 3:30-4:30 Anger Management</p>	<p>5</p> <p>11:30-3:00 Pot Luck Lunch Club 3:00-5:00 Art as Transformation with Margaret Hunter</p>	<p>6</p> <p>1:30-2:30 Living on Purpose - Week 3 3:00-4:00 Writing/Journaling 4:30-5:00 Qigong with Lea</p>	<p>7</p> <p>1:30-3:00 Men's Support Group 3-4 Changing Old Stories 4-6:30 Social Time</p>
<p>11</p> <p>1:30-3:00 Support Group 3:30-4:30 Anger Management</p>	<p>12</p> <p>11:30-3:00 Lunch Club 3:00-4:30 Creative Writers Group with Barbie</p>	<p>13</p> <p>1:30-2:30 Living on Purpose - Week 4 3:00-4:00 Writing/Journaling 4:30-5:00 Qigong with Lea</p>	<p>14</p> <p>1:30-3:00 Men's Support Group 3-4 Changing Old Stories 4:30-5:30 Drum Circle 4-6:30 Social Time</p>
<p>18</p> <p>1:30-3:00 Support Group 3:30-4:30 Anger Management</p>	<p>19</p> <p>11:30-3:00 Lunch Club August Birthdays 3:00-5:00 Art as Transformation with Margaret Hunter</p>	<p>20</p> <p>1:30-2:30 Living on Purpose - Week 5 3:00-4:00 Writing/Journaling 4:30-5:00 Qigong with Lea</p>	<p>21</p> <p>1:30-3:00 Men's Support Group 3-4 Changing Old Stories 4-6:30 Social Time</p>
<p>25</p> <p>1:30-2:30 Member's Meeting 3:30-4:30 Anger Management</p>	<p>26</p> <p>11:30-3:00 Lunch Club 3:00-5:00 Wire Wrapping with Allan</p>	<p>27</p> <p>1:30-2:30 Living on Purpose - Week 6 3:00-4:00 Writing/Journaling 4:30-5:00 Qigong with Lea</p>	<p>28</p> <p>1:30-3:00 Men's Support Group 3-4 Changing Old Stories 4:30-5:30 Drum Circle 4-6:30 Social Time</p>

The Russian River Empowerment Center is open
 Tuesday - Thursday 11:30 am - 5:30 pm, Friday 11:30 am - 6:30 pm

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Anger Management: Anger is a natural emotion that everyone feels at times. How we respond to and act on our anger can sometimes cause us problems. In this group we learn more positive ways to express our anger so that the outcome is more beneficial and empowering for us.

Art as Transformation: A non-traditional form of art therapy which emphasizes the healing, integration & ultimately joyful experience of contacting your own inner source of creativity.

Changing Old Stories: Find out how to use Cognitive Behavioral techniques to change old stories into life-affirming new stories.

Creative Writers Group: Right on Writers! Is writing one of your passions? Come for 20 minutes free-write, then either share what you have written or bring your own work to share. Positive, gentle feedback for those who wish it. All types and styles of writing will be welcomed and appreciated.

Drum Circle: Come drum for the sheer fun of it - bring your own drum or percussion instrument. Every other Friday.

Living On Purpose: The most important part of healing is knowing that your life has meaning. Come and explore your gifts, values and purpose, and find meaning in your life.

Lunch Club: Come share and cook simple, delicious and healthy food recipes. Then we will enjoy eating together!

Members Meeting: This meeting is an opportunity to discover and create what is happening at the Empowerment Center.

Mood Disorders Support Group: Bring whatever is up for you and we will support each other in our growth and understanding.

Qigong: Qigong is practiced for health maintenance purposes, as a therapeutic intervention, as a medical profession, a spiritual path and/or component of Chinese martial arts.

Stress Management Group: Come learn techniques for reducing stress in your life.

Social Time: Come enjoy board games, movies, and other fun activities, to relax at the end of the week!

Writing and Journaling: Writing and Journaling can be a great way of expressing and processing how you feel in the moment. Come learn how to put your thoughts and feelings into words.

[NAMI Family Support Group: May 4 & 18, 6:30-8 p.m. For clients and/or their families. No charge. Run by Kathy Smith from NAMI. 869-0056](#)