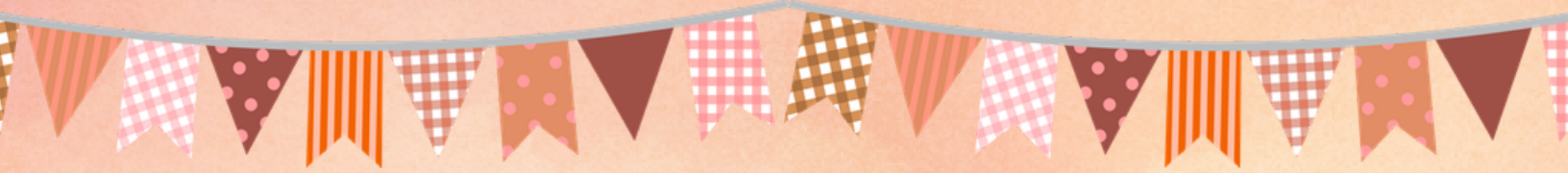


A collection of various autumn leaves in shades of orange, yellow, and brown, scattered across the top half of the page.

AUTUMN WELLNESS CATALOG





INTERESTED IN ANY WELLNESS GROUPS?

HERE IS THE PROCESS OF SIGNING UP FOR GROUPS:

1. RECEIVE A WELLNESS CATALOG FROM YOUR PRIMARY CLINICIAN OR CARE MANAGER. THE WELLNESS CATALOGS WILL ALSO BE AVAILABLE IN THE WAITING ROOM AND AT THE FRONT DESK OF VARIOUS BUILDINGS.
2. REVIEW THE CATALOG WITH YOUR PRIMARY CARE MANAGER OR CLINICIAN.
3. WORK ON UPDATING YOUR TREATMENT PLAN IF NEEDED.
4. CREATE A PRIMARY GOAL FOR EACH GROUP YOU WOULD LIKE TO JOIN. FROM THERE YOUR REFERRAL WILL BE SENT TO THE WELLNESS WING.
5. THE WELLNESS WING WILL GIVE YOU A CALL BEFORE THE CYCLE STARTS TO LET YOU KNOW WHICH GROUPS YOU WERE ACCEPTED INTO.



Walk & Roll for Wellness

Monday 10am - 11am



Join us for Walk and Roll for Wellness where we celebrate the vital connection between physical and mental health through regular activity. Our inclusive group welcomes everyone, including those in wheelchairs, to roll along with us as we venture through the charming routes of Rutland City. We meet at 7 Court Square, providing a wonderful opportunity to enjoy the outdoors, refresh your mind, and enhance your overall wellbeing. Whether you're walking or rolling, you'll find encouragement, camaraderie, and a supportive space to prioritize your health. Please bring a water bottle to stay hydrated during our energizing journey together.

Starts August 31st

Housing 101

Monday 11am - 12pm

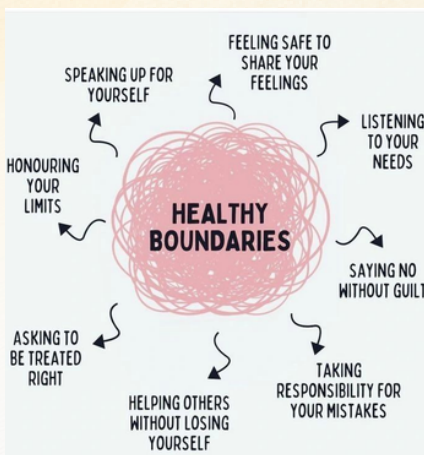


Navigating housing can be stressful and even confusing. This group aims to empower you with knowledge on renting; from filling out housing applications, gathering vital documents, and even preparing for appeals. Join us as we meet with local landlords, read through the tenant handbook, and explore what it means to be a tenant. This is an excellent group for those waiting to receive housing care management and who would like to begin the application process. It is designed to support you every step of the way as you build confidence and understanding in your housing journey.

Starts August 31st

Boundaries & Balance

Monday 12pm - 1pm



Boundaries are the ultimate form of self-care. While working on building appropriate and healthy boundaries with others and yourself, work on building your self-compassion skills! Mindful self-compassion combined with boundary work will provide group members with a strong base to improve their interpersonal relationships and relationship with self. By nurturing both boundaries and self-compassion, individuals are better equipped to navigate difficult emotions and advocate for their own needs. This holistic approach encourages lasting well-being and fosters a more supportive group environment.

Starts August 31st



Perler Beading

Monday 1pm - 2:30pm



Join our vibrant Perler Beading group, where creativity meets relaxation! Dive into the art of designing colorful, intricate patterns using tiny beads that fuse together to create stunning works of art. This activity not only enhances fine motor skills but also provides a meditative escape, perfect for unwinding and expressing individuality. Whether you're a beginner or an experienced crafter, our group offers a welcoming space to explore your artistic talents and connect with fellow enthusiasts. Let's bead, relax, and create something beautiful together!

Starts August 31st

Mystery Book Club

Monday 2:30pm - 4pm



Dive into a world of wonder with our upcoming Mystery Book Club! Our facilitators are on a thrilling quest to select the perfect book that promises both intrigue and inspiration. The suspense will be worth it as the book title is revealed when you receive your acceptance call! At the end of each group, we'll gather for a lively discussion, where you can share your insights while sipping on a comforting cup of hot chocolate or tea. This is the perfect opportunity to relax, recharge, and nurture your love of reading in good company. Dive into this delightful experience and connect with fellow book enthusiasts in a warm and welcoming atmosphere!

Starts August 31st

Café Prep

Monday 2:30pm - 4pm



Looking to try out some employment skills while also enjoying the joys of baking? Join us as the Wellness Wing begins a new adventure of opening a client run cafe! For Café Prep, we will gather to begin the process of preparing doughs, frostings, and items needed to run the cafe when it opens on Tuesday's. This group is aimed towards anyone who is new to working, has worked before but may be out of practice, or those who are interested in learning new skills. If you sign up for this group, make sure to also sign up for the Café group, to ensure you're here for baking and opening up shop! (Please note that it is required to either have a referral in to work with VOW, or have expressed interest in joining the workforce.)

Starts August 31st



Wellness Café

Tuesday 10am - 1pm



Join the Wellness Wing as we bake our prepared confections and prepare the cafe for business! This group provides a safe learning environment where you can learn new job, social, and baking skills. If you're part of Café Prep, you'll come to the Wellness Café from 10 to 11 a.m. to bake the dough you prepared, and then help sell it at the café from 11 a.m. to 1 p.m. Whether you're wanting to remain behind the counter to bake, or feeling more social and running the register, this group is sure to empower you with employment skills to take outside of the Wellness Wing!

Starts September 1st

The Gaming Lounge

Tuesday 11am - 1pm



Welcome to The Gaming Lounge—a vibrant hub where community and creativity unite in the exhilarating world of gaming. Whether you love digital adventures or classic tabletop fun, there's something for everyone! Race through Super Mario Kart on the Nintendo Switch, relive the classics with a variety of Wii games, or gather around the table for your favorite board games. Feel free to bring your own games to share and immerse yourself in an inclusive atmosphere where every gamer's interest counts. Plus, enjoy the thrill of exploring our community with Pokémon Go! Please remember to keep all games group appropriate for a positive and enjoyable experience for everyone.

Starts September 1st

Creative Expression

Tuesday 1pm - 2:30pm



Unleash your creativity with our diverse range of artistic activities, including junk journaling, jewelry making, acrylic painting, and collaging. Dive into perler beading, crocheting, knitting, card making, and drawing to explore new forms of artistic expression. Each week we offer a structured project to inspire you, perfect for those who are seeking ideas or need a starting point. Whether you're an experienced artist or a curious beginner, there's something for everyone to enjoy and express themselves. Join a supportive community where art becomes a pathway to relaxation, self-discovery, and wellness.

Starts September 1st



Foliage and Folk Lore Tour

Tuesday 2:30pm - 4pm



As the weather gets colder, and days become darker, we seek mystery! Join the Wellness Wing on the scintillating adventure of viewing some of the most iconic local leaf-peeping spots, while learning about local folklore. We will venture out into the community to spot the changing leaves and crisp fall scenery while also learning some spooky history. Along the way, you'll enjoy camaraderie, fresh air, and a new appreciation for both our natural surroundings and the stories that bring them to life. Whether you're a fan of nature, or of the spooky season, this group is sure to thrill!

Starts September 1st

Coffee Hour

Wednesday & Friday 10am - 11am



Join your peers for a cup of coffee and some invigorating discussion. Discussions in this group range from current events, to entertainment preferences and news, to how the current group cycle is going. It is a chance to engage in healthy appropriate socialization and is offered Wednesday and Friday. Whether you're looking to share your thoughts or just listen and connect, everyone is welcome to participate at their own comfort level. Take this opportunity to build supportive relationships and strengthen your sense of community in a relaxed, judgment-free space.

Starts the First Week of September

The Magic of Music

Wednesday 11am - 12pm



Music plays many roles in our lives, from being the background at fun life events, to being an emotional outlet, and even being a way to cope through difficult times. The Magic of Music group will explore various genres of music to expand listeners' musical tastes. This group aims to introduce folks to new and exciting music, and to also engage with music in a thoughtful and reflective way. We will be listening to tunes from classic rock, to reggae, to European funk, and more! Through open discussion and shared experiences, participants will discover how music can be a powerful tool for self-care and personal growth.

Starts September 2nd



Scratch & Shine



Dive into the meditative art of scratch art, a unique technique that reveals vibrant colors beneath a dark surface, allowing for the creation of striking high-contrast images with intricate details. Participants will have the opportunity to work on a variety of scratch pads featuring themes like coastal cuisine, spring gardens, florals, landscapes, books, and cozy home scenes. Unleash your artistic potential while enjoying a relaxing and therapeutic experience. No prior artistic experience is needed—just bring your curiosity and a willingness to explore mindfulness through creative expression.

Starts September 2nd

Wednesday 12pm - 1pm

Diamond Dots



Discover the intricate art of Diamond Painting, a unique combination of painting by numbers and cross-stitching. Engage in the meticulous placement of thousands of diamond gems onto an adhesive canvas, creating stunning artwork that reflects your personal touch. This activity not only fosters creativity but also provides a wonderful opportunity to connect with others in a relaxing and enjoyable setting. Embrace the joy of crafting your own masterpiece while sharing the experience with fellow enthusiasts, and experience the calming benefits that make Diamond Painting a perfect addition to any self-care routine.

Starts September 2nd

Wednesday 12pm - 2pm

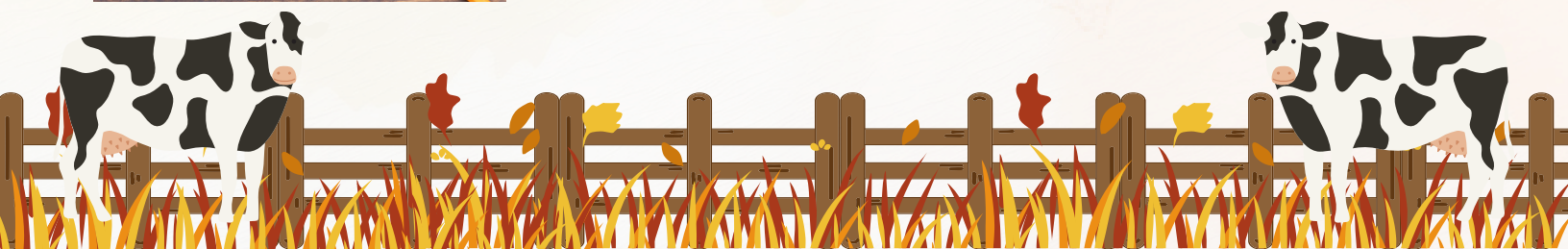
Life Skills



Life Skills is a welcoming group where you can learn practical tools to make everyday life a little easier and more enjoyable. Together we'll explore things like budgeting, setting goals you can actually stick to, managing your time, cooking simple and healthy meals, and taking care of yourself. We'll also practice skills for building healthy boundaries, connecting with others, handling tough emotions, and even putting together a strong resume. This group is all about growing your confidence and learning new skills, all while supporting each other along the way.

Starts September 2nd

Wednesday 2pm - 3pm



PRIDE



Explore the impact of media on the LGBTQ+ community through music, movies, TV shows, and written word. On alternating weeks, we will engage with a piece of media and then the following week have discussion inspired by what we saw, heard, or read. This group is for individuals who identify within the LGBTQ+ community and would like to increase their media literacy and awareness of messages we internalize, for better or for worse, and ways in which we can fortify ourselves to engage with the world around us in a manner that feels both supportive and affirming.

Starts September 2nd

Wednesday 3pm - 4pm

Bocce Club



Join us at **7 Court Square** in the park for an engaging game of Bocce, the Italian pastime that has delighted players for centuries. Whether you're a seasoned bowler or a curious beginner, Bocce offers a delightful blend of strategy and fun. It's a fantastic way to enjoy the outdoors, get some light exercise, and connect with friends in a relaxed setting. Bring your enthusiasm and a willingness to try something new, as all are welcome to join in the fun! Come roll with us and experience the joy of this timeless game! **If it happens to rain, we plan to meet at Lincoln Place and participate in indoor sport options like cornhole and foosball.**

Starts September 3rd

Thursday 10am - 11am

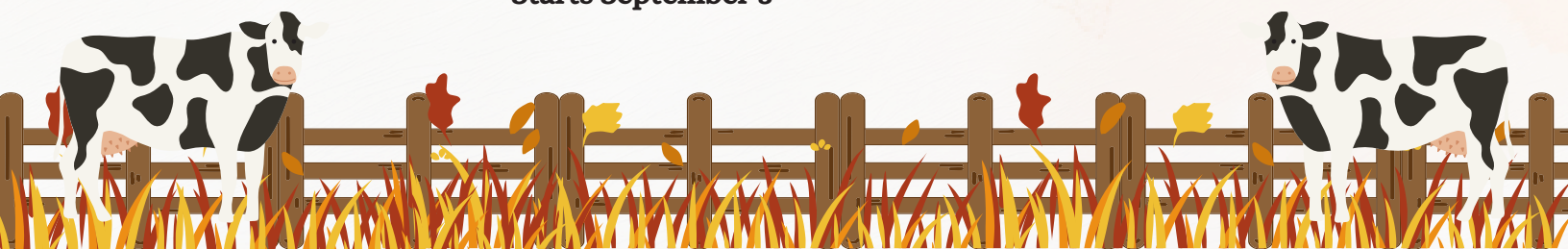
Work Ready Peer Network



Are you returning to work or thinking about taking that first step back into the workforce? Join our Work Ready Peer Network, where we come together to share stories, celebrate wins, and talk through the unique challenges of rejoining the world of work. Whether you're just starting to wonder what's next or you've already clocked in your first day, you'll find support, understanding, and real-world advice here. Each session is guided by one of our Peer Supports and a Wellness Wing Group Facilitator, making sure everyone's voice is heard. Let's help each other build confidence, community, and a roadmap for success!

Starts September 3rd

Thursday 11am - 12pm



Arena D&D



Thursday 12pm - 2pm

Are you not entertained?! Well, you WILL be. Step into The Arena and test your mettle against foes of all shapes and sizes. This cycle's D&D campaign will focus on gladiatorial combat with tactical grid battles. Join with your fellow players to see if you can survive the Mortal Kombat-style fights to the death. All experience levels are welcome, and you'll only need to decide how you'll face your foes! Drop-ins/outs welcome: feel free to play one session or all because each week will be a stand-alone adventure. All materials provided, bring only your imagination!

Starts September 3rd

Serene Streaming



Thursday 12pm - 2pm

Join us for Serene Streaming where we dive into the captivating world of "The Traitors." This thrilling reality competition takes us on a journey of intrigue and suspense with a classic whodunit theme. Together, we'll sharpen our sleuthing skills as we analyze clues, discuss theories, and work collaboratively to uncover the secrets of who's behind the intrigue. Perfect for mystery lovers and those looking to engage in stimulating conversation, this group invites everyone to unwind, connect, and enjoy a fun, supportive atmosphere while exploring the twists and turns of the show.

Starts September 3rd

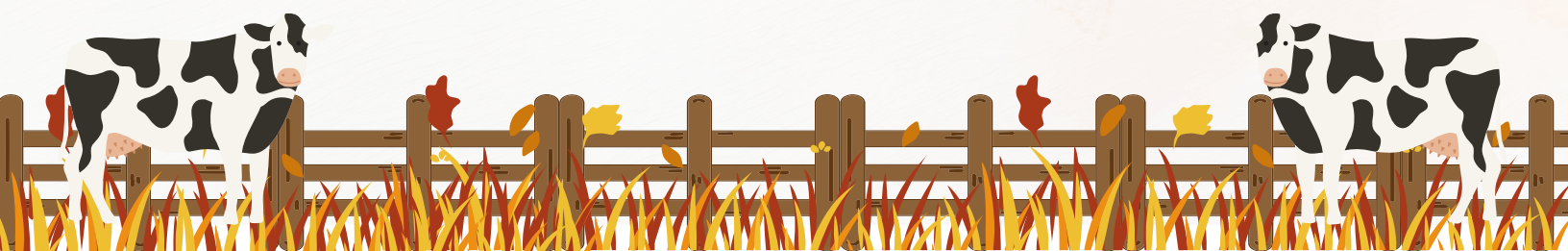
BINGO



Thursday 2pm - 3pm

Get ready for an exciting twist on the classic game of BINGO! Participants will receive a punchcard to track their progress, adding an extra layer of excitement as each BINGO is achieved. As you mark off more BINGOs, the anticipation builds toward winning a bigger prize once you hit 10. This engaging activity not only offers fun but also promotes a sense of achievement and community among participants. Dive in and experience the thrill of the game, all while nurturing personal wellness and camaraderie, and embracing opportunities for self-care and connection throughout the Autumn.

Starts September 3rd



Identity Haven

Thursday 3pm - 4pm



Are you a part of the transgender community and seeking a supportive space? Identity Haven is here for you! This intimate, close-knit group offers the opportunity to explore gender identity, self-expression, and essential coping skills to help navigate life's challenges. We foster a strong sense of community, providing a welcoming environment for individuals at all stages of their "coming out" journey. Join us to connect, share experiences, and empower each other on the path to living in harmony with your identity. Together, we create a safe and affirming space where your voice is heard and valued.

Starts September 3rd

Creative Writing Corner

Friday 11am - 12pm



"Writing is an act of discovering what you think and what you believe." Daniel Pink

In Creative Writing, we will explore ourselves and the universe through 1, 5, and 10 minute prompts. We will each share, to our comfort level, our stories or poems and provide support and encouragement to each other. No prior experience necessary; we are here to explore and create! Through this journey we will foster a welcoming space where every voice is valued and creativity can thrive.

Starts September 4th

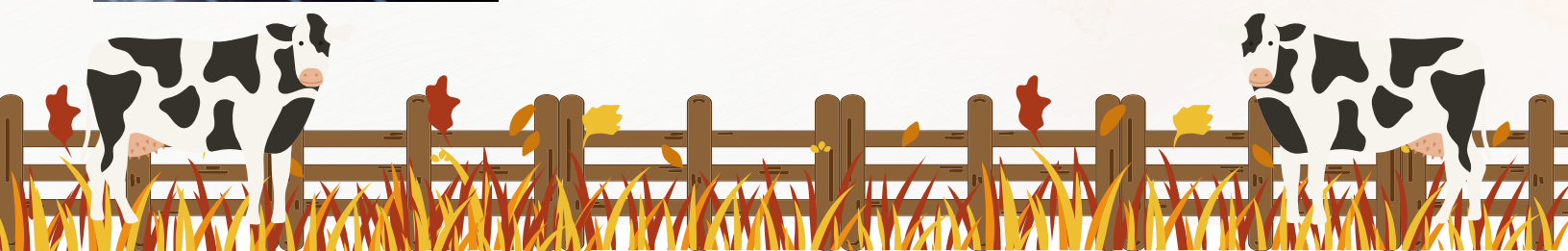
You Pick Movie Group

Friday 12pm - 2pm



Discover a new cinematic adventure with the You Pick Movie Group! Participants will have the exciting opportunity to choose from a diverse selection of movies available across various streaming platforms. Whether you prefer heartwarming dramas, action-packed thrillers, or light-hearted comedies, there's something for everyone. Make the most of your movie afternoons by exploring different genres and sharing the experience with fellow film enthusiasts. Dive into the world of movies and enjoy the freedom to pick what you watch!

Starts September 4th



Superhero Group



Friday 2pm - 3pm

Join the Superhero Group and become a local hero by participating in meaningful community service projects around town. This **five-week group** is designed for individuals ready to roll up their sleeves and contribute to their community through various volunteer activities. Whether it's cleaning up parks or paying the parking meters, you'll gain valuable experience and make lasting impacts. By working together, you'll also build new friendships and strengthen your sense of connection to the community. Embrace the spirit of giving back and discover the superhero within you!

Starts September 4th

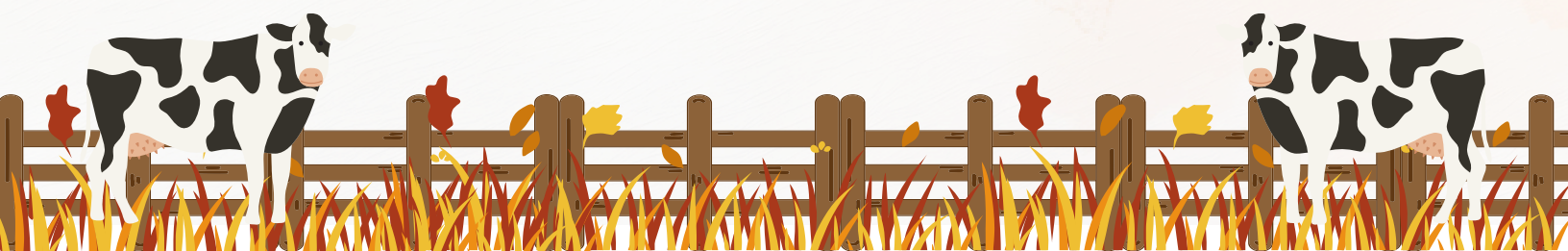
Gratitude & Growth

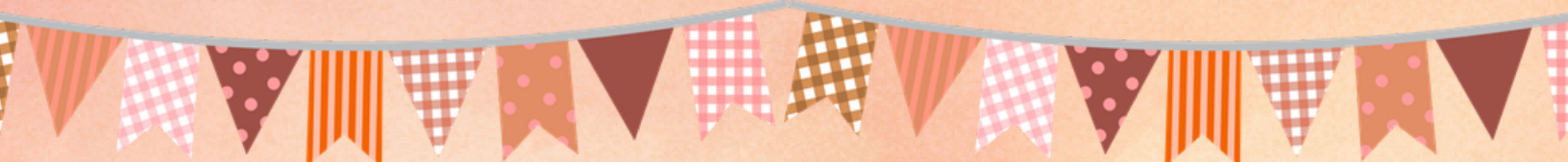


Friday 2pm - 3pm

Join us for a transformative experience with the Gratitude & Growth, a **five-week group** journey designed to cultivate appreciation and positivity in your daily life. Through interactive sessions, participants will explore various gratitude practices and learn how to incorporate them into their routines to enhance well being and resilience. This group offers a supportive environment to share experiences and foster a community of gratitude, making it an uplifting addition to anyone's personal growth journey. Whether you are new to gratitude practices or looking to deepen your existing routine, the Gratitude Group welcomes everyone seeking to enrich their sense of well-being and connection.

Starts October 16th





MONDAY

10:00am-11:00am - Walk & Roll for Wellness

11:00am-12:00pm - Housing 101

12:00pm-1:00pm - Boundaries & Balance

1:00pm-2:30pm - Perler Beading

2:30pm-4:00pm - Café Prep

2:30pm-4:00pm - Mystery Book Club

TUESDAY

10:00am-1:00pm - Wellness Café

11:00am-1:00pm - Gaming Lounge

1:00pm-2:30pm - Creative Expression

2:30pm-4:00pm - Foliage and Folk Lore Tour

AUTUMN WELLNESS WING

WEEKLY SCHEDULE

WEDNESDAY

10:00am-11:00am - Coffee Hour

11:00am-12:00pm - Magic of Music

12:00pm-2:00pm - Diamond Dots

2:00pm-3:00pm - Life Skills

3:00pm-4:00pm - PRIDE

THURSDAY

10:00am-11:00am - Bocce Club

11:00am-12:00pm - Work Ready Peer Network

12:00pm-1:30pm - Serene Streaming

12:00pm-2:00pm - Arena D&D

2:00pm - 3:00pm - BINGO

3:00pm-4:00pm - Identity Haven

FRIDAY

10:00am-11:00am - Coffee Hour

11:00am-12:00pm - Creative Writing Corner

12:00pm-2:00pm - You Pick Movie Group

2:00pm - 3:00pm - Superhero Group

2:00pm-3:00pm - Gratitude & Growth



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 st Week 1 →	2 nd	3 rd	4 th	5 th
6 th	7 th Week 2 → Agency Closed	8 th	9 th	10 th	11 th	12 th
13 th	14 th Week 3 →	15 th	16 th	17 th	18 th	19 th
20 th	21 st Week 4 →	22 nd	23 rd	24 th	25 th	26 th
27 th	28 th Week 5 →	29 th	30 th			

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 st Week 5 →	2 nd	3 rd
4 th	5 th One Off →	6 th Week →	7 th	8 th	9 th	10 th
11 th	12 th Week 6 →	13 th	14 th	15 th	16 th	17 th
18 th	19 th Week 7 →	20 th	21 st	22 nd	23 rd	24 th
25 th	26 th Week 8 →	27 th	28 th	29 th	30 th	31 st

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st	2 nd Week 9 →	3 rd	4 th	5 th	6 th	7 th
8 th	9 th Week 10 →	10 th	11 th	12 th	13 th	14 th
15 th	16 th One Off →	17 th Week →	18 th	19 th	20 th	21 st
22 nd	23 rd Autumn →	24 th Break →	25 th	26 th Agency Closed	27 th Agency Closed	28 th
29 th	30 th Week 1 →					

