



Dimension of Focus:

Emotional Wellness

Coping effectively with life, creating satisfying relationships, and learning how to better support your emotional wellness goals.

Abbreviations Key:

- Hopeful Hearts = Therapeutic Card Making Group**
- Emotional Wellness Circle = Mood Support Group**
- Serenity Steps = Walking Group**
- B-POCC = Berkeley Peers Organizing Community Change Meeting**
- Wellness Through Passion = Wellness Activity Facilitation Group**
- Telling Your Story = Narrative Storytelling Group**
- Cinema Therapy = Movie/Film Group**

For more info contact:

(510)-708-6499

or

wellnessrecoveryteam@berkeleyca.gov

Berkeley Mental Health
 2640 Martin Luther King Way
 Berkeley, CA 94704
 (510)-981-5920

Wellness Recovery at Berkeley Mental Health

FEBRUARY



Scan for our newsletter!

MON	TUE	WED	THU	FRI
2 Emotional Wellness Circle 11am-12pm 😞	3 Hopeful Hearts 1:30pm-2:30pm	4 Telling Your Story 1pm-3pm	5 Serenity Steps BAMPFA Museum 1pm-2pm	6
9 Emotional Wellness Circle 11am-12pm 😞	10 Hopeful Hearts 1:30pm-2:30pm	11 B-POCC Meeting 10am-12pm Telling Your Story 1pm-3pm	12 HAPPY LINCOLN'S BIRTHDAY FEBRUARY 12 CLINIC CLOSED	13
16 WE WILL BE CLOSED ON PRESIDENTS DAY	HAPPY LUNAR NEW YEAR GONG XI FA CHAI	18 Serenity Steps Ohlone Park 1pm-2pm	19 Wellness Through Passion 11am-12pm	20 Lunar New Year Celebration Pop-Up Group 12pm-2pm
23 Emotional Wellness Circle 11am-12pm 😞	24 BMH Black History Month Event N. Berkeley Senior Center 11am-2pm	25	26 Wellness Through Passion 11am-12pm	27 Cinema Therapy @1pm





The Mission of the Wellness Recovery Team: **To promote a culture of wellness and recovery at Berkeley Mental Health and in the surrounding community that honors the individual lived experience of mental health recovery.**



Hopeful Hearts = Provide therapeutic support and socialization through creative card making for individuals in various mental health facilities.

Meeting ID: 881 2357 9880

Emotional Wellness Circle = A safe and supportive environment for individuals to explore, understand, and manage their emotions in their daily lives. Please arrive no later than 11:10 am.

Meeting ID: 825 3155 1822

Serenity Steps = Visit Berkeley parks to connect in person while improving mental health and well-being through physical movement by walking. Physical intensity varies and is adjusted to the needs of the group. Please make sure to wear closed toe shoes, as there may be uneven walking paths along the way.

We will meet at the location. Please call staff to reserve your space and get the exact location. Kennel: 510-708-6499

Telling Your Story = Combat stigma by developing your personal recovery story through shared inquiry with community members. Please arrive no later than 1:15pm.

Meeting ID: 864 5912 8455

Press *6 to mute and unmute yourself. Press *9 to raise or lower your hand.

B-POCC = "Berkeley Peers Organizing Community Change". Engage in advocacy to empower peers towards attaining their goals, improve their lives, and increase participation in the Berkeley Mental Health Service Act process.

Meeting ID: 934 7297 4998 Password: 207246

<https://zoom.us/j/93472974998?pwd=cGp3MlU5c0NkcHFESElSUjUJMU25Zz09>

Wellness Through Passion = Designed for individuals to explore leadership opportunities and enhance their well-being through teaching others about their personal interests.

Cinema Therapy = Watch movies tailored to different wellness themes to support emotional processing, interpersonal skills, and mental health in community with others in a fun and familiar environment.

Virtual Groups:

Join by Zoom

Click on the corresponding link or go to zoom.us/ and click join a meeting and put in information meeting ID and password. There may be some pop-up windows that say things like "Launch Meeting". Click "Okay", then you will then have the option to join with or without your camera on.

Join by Phone on ZOOM

1. Call 1-669-900-6833

2. Put in Meeting ID

3. It will ask for your participant ID, if you don't have one press "#"

4. Put in Meeting Password. We will let you in when the meeting starts.

Press *6 to mute and unmute yourself. Press *9 to raise or lower your hand.



Berkeley Mental Health

Wellness Recovery Newsletter

February 2026

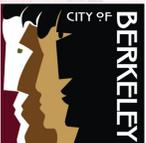


**Happy February! The winter season is still here,
but springtime is right around the corner!**

**Read through to see our upcoming groups and
activities, learn about different wellness tools,
and check out what important dates and events
are highlighted this month.**

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- 15 - ***SAVE THE DATE*** Black History Month Community Event
- 16 - Other Community Resources
- 17 - Contact Us!

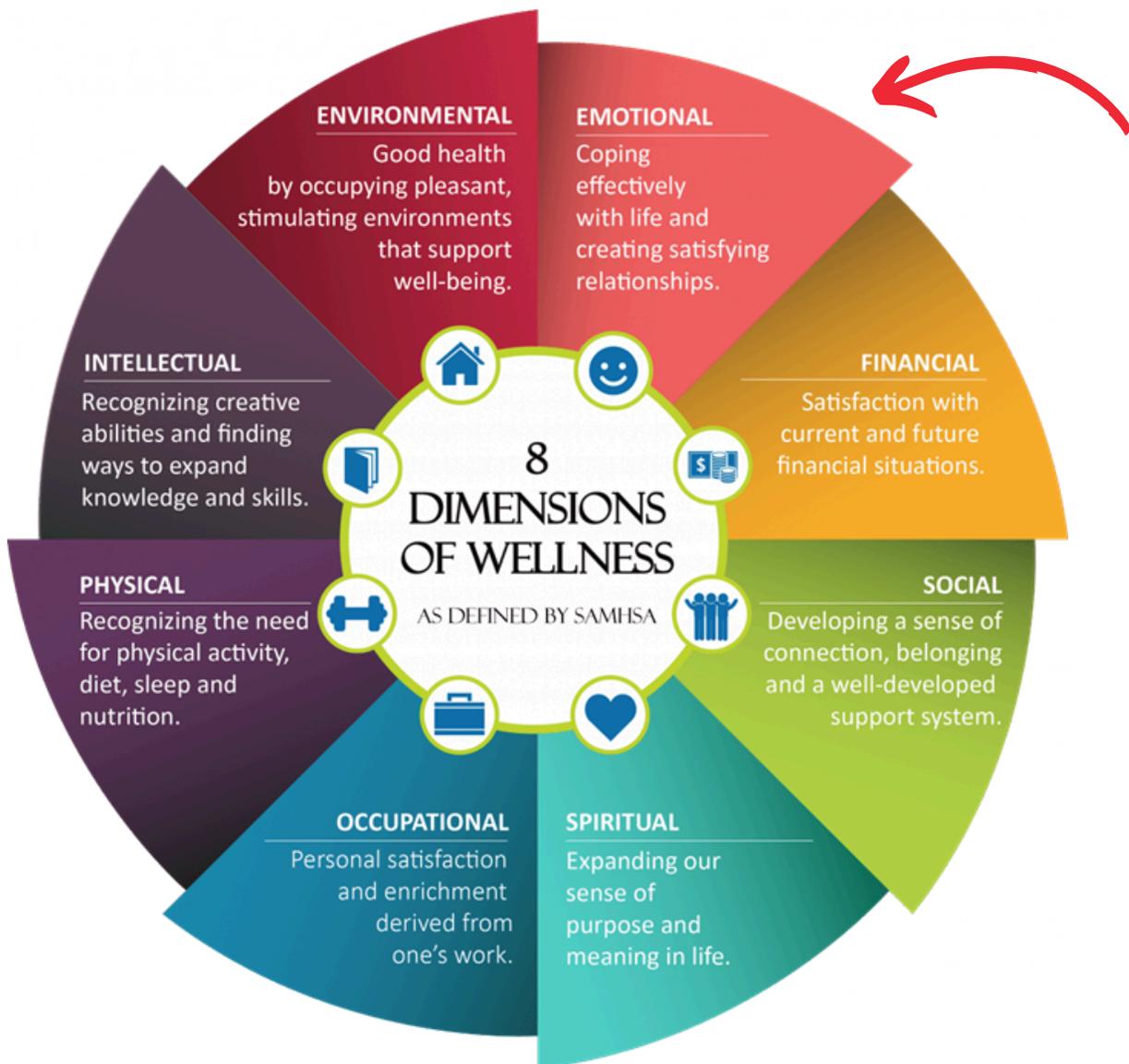


The Wellness Wheel

A Wellness Wheel is a tool and visual guide that helps one assess all aspects of their wellness. Each area highlights a different factor of wellness, most commonly known as the 8 Dimensions of Wellness, defined by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Wellness is a continuous and active process of achieving an optimal state of health, where individuals become aware of or makes choices towards a more whole-self lifestyle.

Using this guide helps us assess this continuous and active process for ourselves!



This month, we are focusing on **EMOTIONAL WELLNESS**, which highlights the ways we effectively cope with life and how we create satisfying relationships.

Group Schedule

Here are our groups for the month.
Feel free to attend as many as you'd like!

Hopeful Hearts

Create positive message cards using art supplies to be collected by Peer Wellness Collective Reach-Out for those in mental health facilities.

In-person / Zoom

**Tues, February 3rd & 10th
1:30pm - 2:30pm**



Emotional Wellness Circle

Share your feelings in a safe, transformative place. You might find you are not alone. Please arrive no later than 11:10 am.

In-person / Zoom

**Mon, February 9th & 23rd
11am-12pm**



Telling Your Story

Combat stigma by developing your personal recovery story. Positive and encouraging feedback provided.

In-person / Zoom

**Wed, February 4th & 11th
1pm-3pm**



Serenity Steps

Visit parks in Berkeley and the surrounding area to connect in person, get some exercise, and explore the community. Physical intensity varies and is adjusted to the needs of the group, as well as weather conditions on that day. Event subject to change.

Call Kennell (510-708-6499) to RSVP and get the exact location of the meeting space.



**Wed, February 18th | 1pm-2pm
Ohlone Park**



Wellness Through Passion

Develop leadership skills and promote wellness by facilitating an activity for your peers. Use creativity, expression, movement and play games while building meaningful relationships!



**Thurs, February 19th & 26th
11am-12pm**



BAMPFA

**Berkeley Art Museum and
Pacific Film Archive**



Serenity Steps Walking Group

**Thursday, February 5th
1pm-2pm**

**Join us for a free stroll through the museum and enjoy
what the exhibits have to offer! Please be mindful of
your walking abilities.**

We will meet outside of the museum @ 12:50pm

**2155 Center Street
Berkeley, CA 94720**

RSVP @ (510) 708-6499 for more info!



Wellness Recovery Team Lunar New Year Celebration



**Enjoy tasty snacks and fun arts
& crafts activities as we
celebrate the **Year of the Horse!****

**Friday, February 20th
12pm-2pm**

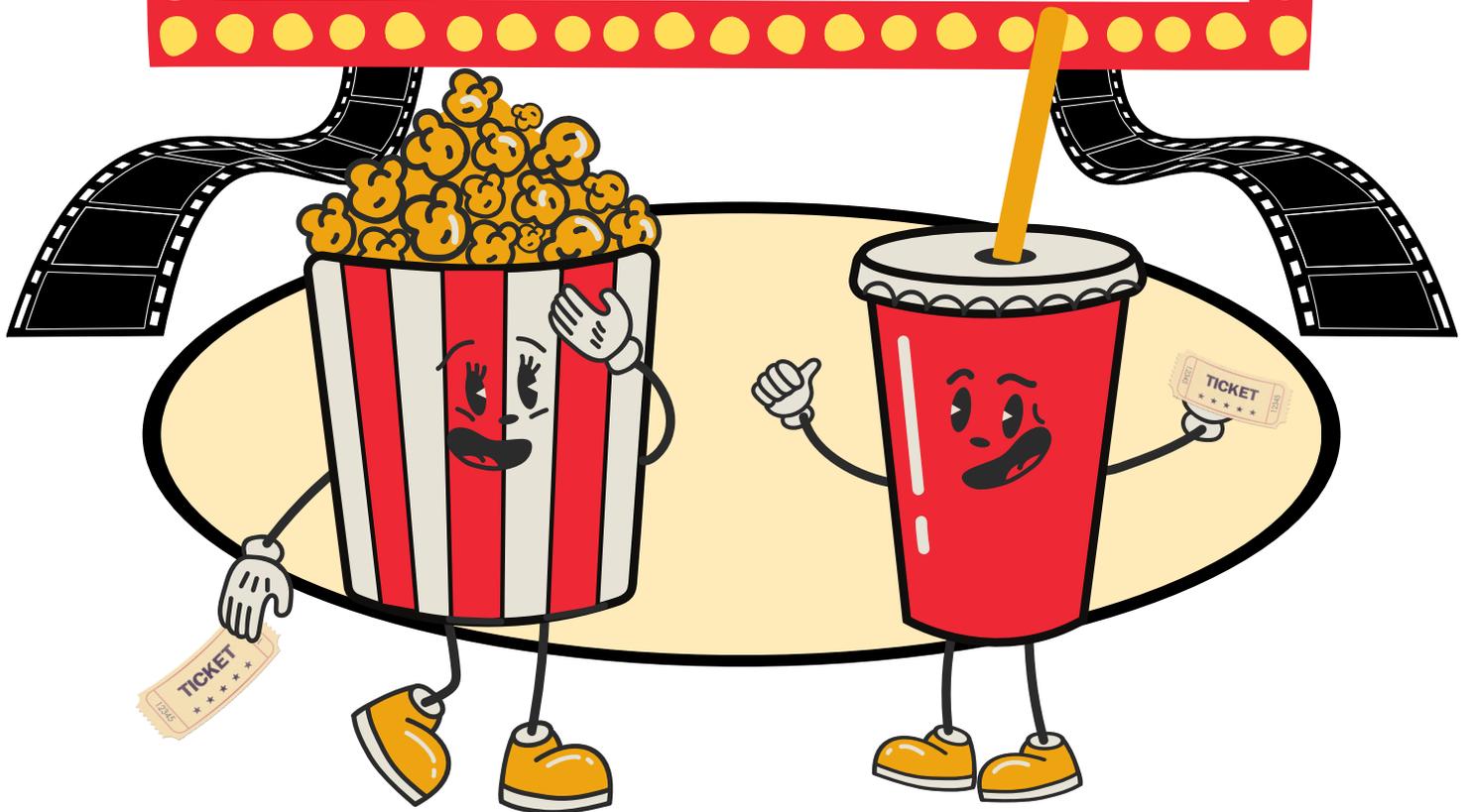
**Berkeley Mental Health
2640 Martin Luther King Jr. Way
Berkeley, CA 94704**

Contact 510-708-6499 for more info and to RSVP!

BERKELEY MENTAL HEALTH WELLNESS
RECOVERY TEAM PRESENTS...

CINEMA THERAPY

AT THE BERKELEY MENTAL HEALTH CLINIC



**Come in to watch fun and engaging films,
enjoy movie snacks, and participate in
wellness discussions with your peers.**

For more info and to RSVP...

contact 510-708-6499

or

wellnessrecoveryteam@berkeleyca.gov



NOW SHOWING
2/27 @ 1:00PM



The Adam Project (2022) - 1hr 46min

Time-travelling fighter pilot Adam Reed teams up with his 12-year-old self for a mission to save the future after unintentionally crash landing in 2022.



We will start the film promptly at 1pm, so if possible, please come early to view the entire film.



February

Holidays and Days of Acknowledgement



National Dark Chocolate Day (Feb 1st)

A day to enjoy the health benefits and happiness that dark chocolate brings, and honor to the history and cultural significance surrounding this decadent and timeless treat.

Groundhog Day (Feb 2nd)



Each year on Groundhog Day, people flock to Gobbler's Knob in Punxsutawney, Pennsylvania, to await the forecast of the local rodent celebrity. Will we have a longer winter or will he see his shadow?



World Cancer Day (Feb 4th)

an important day to raise awareness about prevention, detection, and treatment to significantly reduce illness and death caused by cancer.

Nat'l Girls/Women in Sports Day (Feb 4th)



A day dedicated to celebrating and uplifting girls and women in sports, as well as striving for equality across all levels.



Valentine's Day (Feb 14th)

Not just a day to celebrate loving others. Make sure to celebrate and show love to yourself equally.

Presidents' Day (Feb 16th)



A day to celebrate and honor the past and present US presidents that have led the country.



National Pancake Day (Feb 17th)

Visit a pancake house or make some at home for yourself or a friend. Enjoy these delicious breakfast meal.

Digital Learning Day (Feb 26th)



This day is an ongoing initiative to engage students and empower educators through the effective use of digital tools. The day also seeks to highlight and recognize the forward-thinking educators who use technology in innovative ways to strengthen students' learning experiences.



February is synonymous with Black History Month, which celebrates the rich cultural heritage, triumphs, adversities, and futures of Black people that are an indelible and integral part of our country's history.

We can celebrate by continuously educating ourselves on Black and African American history with books or videos, attending art or cultural celebrations, or even by shopping with a local Black owned business.



Lunar New Year celebrates the beginning of a new year on the lunisolar calendar for many East Asian cultures starting February 17th.

Cultural festivals, community gatherings, and other traditional practices happen during this time, including exchanging of lucky red envelopes.

Lunar New Year Word Search



- | | | | |
|-----------|-----------|---------|-------|
| DRAGON | RABBIT | PARADE | OX |
| JADE | RED | HORSE | DOG |
| ENVELOPE | SNAKE | LUCK | TIGER |
| FIREWORKS | ANCESTORS | SPRING | SHEEP |
| MONEY | LUCKY | BOAR | LUNAR |
| FESTIVAL | ROOSTER | LANTERN | RAT |
| MONKEY | DUMPLING | | |

FEBRUARY IS

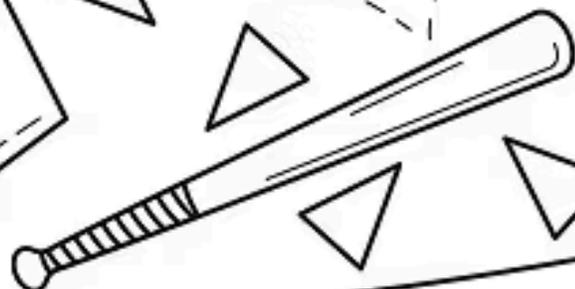


BLACK



HISTORY

MONTH



How Do You Really Feel..?

The way we experience our emotions can be complex at times, and identifying how we feel can seem like attempting to slay a dragon. Here's a helpful list of descriptive words to give more clarity and confidence towards working through those emotions.

List of Emotions

HAPPINESS	SADNESS	FEAR	DISGUST	ANGER	SURPRISE
Joyful	Sad	Scared	Disgusted	Angry	Surprised
Delighted	Gloomy	Terrified	Revolted	Furious	Shocked
Ecstatic	Miserable	Petrified	Repulsed	Enraged	Astonished
Thrilled	Despondent	Panicked	Sickened	Irate	Amazed
Content	Melancholic	Anxious	Nauseated	Resentful	Stunned
Pleased	Dejected	Nervous	Abhorred	Wrathful	Bewildered
Elated	Disheartened	Uneasy	Loathed	Infuriated	Dumbfounded
Jubilant	Depressed	Worried	Hated	Annoyed	Flabbergasted
Gleeful	Sorrowful	Apprehensive	Detested	Aggravated	Startled
Euphoric	Grief-stricken	Dreadful	Displeased	Irritated	Jolted
Overjoyed	Heartbroken	Hesitant	Offended	Hostile	Speechless
Grateful	Despairing	Jittery	Appalled	Hateful	Overwhelmed
Merry	Wistful	Frightened	Grossed out	Incensed	Awestruck
Blissful	Blue	Intimidated	Irritated	Provoked	Disbelieving
Radiant	Somber	Paralyzed	Annoyed	Livid	Unprepared
Cheerful	Lonesome	Trembling	Bitter	Outraged	Nonplussed
Happy	Dismal	Shaken	Hateful	Frustrated	Thunderstruck
Exhilarated	Downcast	Horrorified	Hostile	Vengeful	Taken aback
Excited	Morose	Startled	Resentful	Bitter	Impressed
Enthusiastic	Weary	Alarmed	Repelled	Mad	Blown away

Tending To Your Emotional Wellness

Even though our emotions can feel complex at times, finding ways to cope with them doesn't always have to be.



Coloring, listening to music, or other artistic activities can help improve our moods by reducing stress and keeping us in the present moment.



Journaling is a great mindfulness tool that allows us to reflect on our emotional state. When we write down our thoughts, we are able to better understand how we feel and identify patterns in how we think about things.



Talking to others is helpful because it creates connection, helps us feel heard and less alone, and can also give you new perspectives on things that you may be thinking about.



Laughter is a natural coping mechanism to help us emotionally. It reduces stress and anxiety by releasing “happy chemicals” in our bodies to literally help us feel good.



Dancing and other body movement exercises can be beneficial for our emotional wellness because it allows us to focus on our breathing, release tension, and create feelings of happiness.

WELLNESS GROUP SPOTLIGHT!

Emotional Wellness Circle

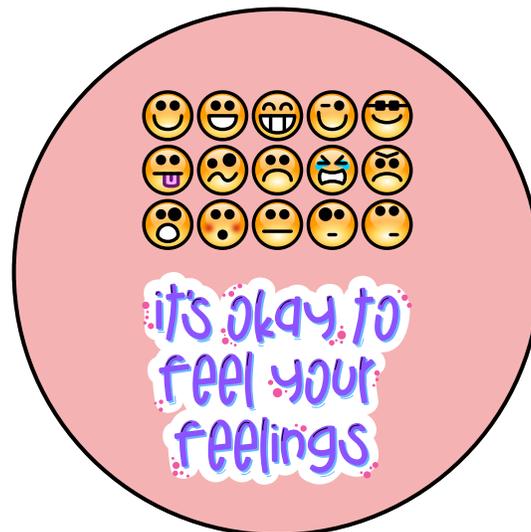
Mondays from 11am-12pm

Berkeley Mental Health Clinic

2640 Martin Luther King Jr Way

Berkeley, CA 94704

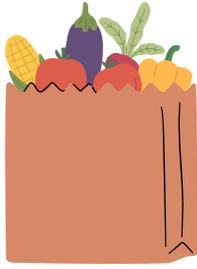
Join our supportive community-based group where you can talk openly about your daily experiences, feel heard without judgment, and learn practical coping skills to better understand and support your emotional wellness goals.



For more info, contact: (510)-708-6499

or

wellnessrecoveryteam@berkeleyca.gov



What's **GROW** NG On?

Check out the fruits and vegetables that are available in stores in February!



BROCCOLI



BRUSSELS SPROUTS



CABBAGE



CAULIFLOWER



CELERY ROOT



FENNEL



GRAPEFRUIT



KALE



KIWI



LEEKs



LEMONS



ORANGES & MANDARINS



PARSNIPS



POTATOES



ROMANESCO



RUTABAGAS



SUNCHOKES



TURNIPS



WINTER SQUASH

Let's Celebrate

BLACK

HISTORY

MONTH

“A Century of Black History Commemorations”

February 24, 2026

11AM-2PM

FREE

North Berkeley Senior Center
1901 Hearst Avenue, Berkeley 94709

Keynote Speaker

Mack “Shooty” Babitt

Former Oakland A's Player Sports Analyst

Event Highlights:

- Health & Wellness Resources
- Local Leaders
- Dance Performance
- Inspiring Speakers
- Community Organizations
- Interactive Activity

Live Music - Resources - Food



Other Community Resources

Food Services

- **Berkeley Food Pantry**
1600 Sacramento Street
Berkeley, CA 94702
(510)-525-2280



- **Berkeley Food Network**
1925 9th Street
Berkeley, CA 94710
(510)-616-5383

Housing/Shelter

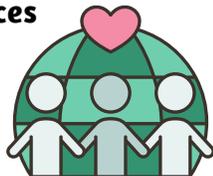
- **Women's Daytime Drop-In Center**
2218 Acton St
Berkeley, CA 94702
Mon-Fri : 9am-1pm



- **Dorothy Day House**
1931 Center Street
Berkeley, CA 94704
(510)-705-1325

Recovery Tools

- **Options Recovery Services**
1835 Allston Way
Berkeley, CA 94704
Mon-Fri : 9am-5pm



- **Alameda County Services**
<http://211alamedacounty.org/>

- **Pacific Center for Human Growth**
(510)-548-8283
<https://www.pacificcenter.org/>



- **Peer Wellness Collective**
3238 Adeline Street
Berkeley, CA 94703
(510)-652-7451
<https://www.peerwellnesscollective.org/>

Emergency Services

- **National Suicide Prevention Lifeline**
1-800-237-8255
- **Substance Abuse and Mental Health Services Administration**
1-800-662-4357



- **24 Hour Crisis Line**
(Alameda County, CA)
1-800-309-2131

We want to hear from you!

Come by or log in to participate in our fun
and engaging wellness groups!

Join our mailing list, and contact us below
for more info or questions about current
and future groups!

WellnessRecoveryTeam@berkeleyca.gov

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