














# Wellness Recovery at Berkeley Mental Health

# JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Emotional Wellness Circle 11am-12pm	2	3	4  Wellness Through Passion 11am-12pm	5
8  Emotional Wellness Circle 11am-12pm	9  Hopeful Hearts 1:30pm-2:30pm	10 B-POCC Meeting 10am-12pm Telling Your Story 1pm-3pm	11	12
15  Emotional Wellness Circle 11am-12pm	16  Serenity Steps South Berkeley Farmers' Market 1:30pm-3pm	17  Telling Your Story 1pm-3pm	18	19  HAPPY JUNE 19TH CLINIC CLOSED
22  Emotional Wellness Circle 11am-12pm	23  Hopeful Hearts 1:30pm-2:30pm	24	25  Wellness Through Passion 11am-12pm	26  Cinema Therapy 1pm-3pm
29  Serenity Steps Berkeley Rose Garden 11am-12:15pm	30			

# LESS STRESS

## Dimension of Focus: Emotional Wellness & Using Coping Skills

Building healthy coping skills that help manage stress, improve emotional balance, strengthen relationships, and promote overall mental well-being.

### 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:

Kennell (510) - 708-6499

or

wellnessrecoveryteam@berkeleyca.gov

Berkeley Mental Health  
2640 Martin Luther King Way  
Berkeley, CA 94704  
(510)-981-5290



## 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\* : Kennell (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=cGp3MlJlS0NkcnFESlSjUjM25zZz09>

**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/](http://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 – June 2026**

# **Wellness Recovery Newsletter**



**Happy Summer, everyone!**

**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.**

**1 – The Wellness Wheel**

**2 – Group Schedule**

**3– Farmers' Market Walking Group**

**4 – Cinema Therapy : June 26th**

**6 – June Days of Awareness and Celebration**

**7 –Summer Activities Word Search**

**8 – Emotional & Problem-Focused Coping Skills**

**9 – How Do You Really Feel?**

**10 – Hello Summer Coloring Page**

**11 – Healthy Habits for Emotional Wellness**

**12 – What's GROWING On This Month?**

**13 – Wellness Group Spotlight**

**14 – Other Community Resources**

**15 – Contact Us**

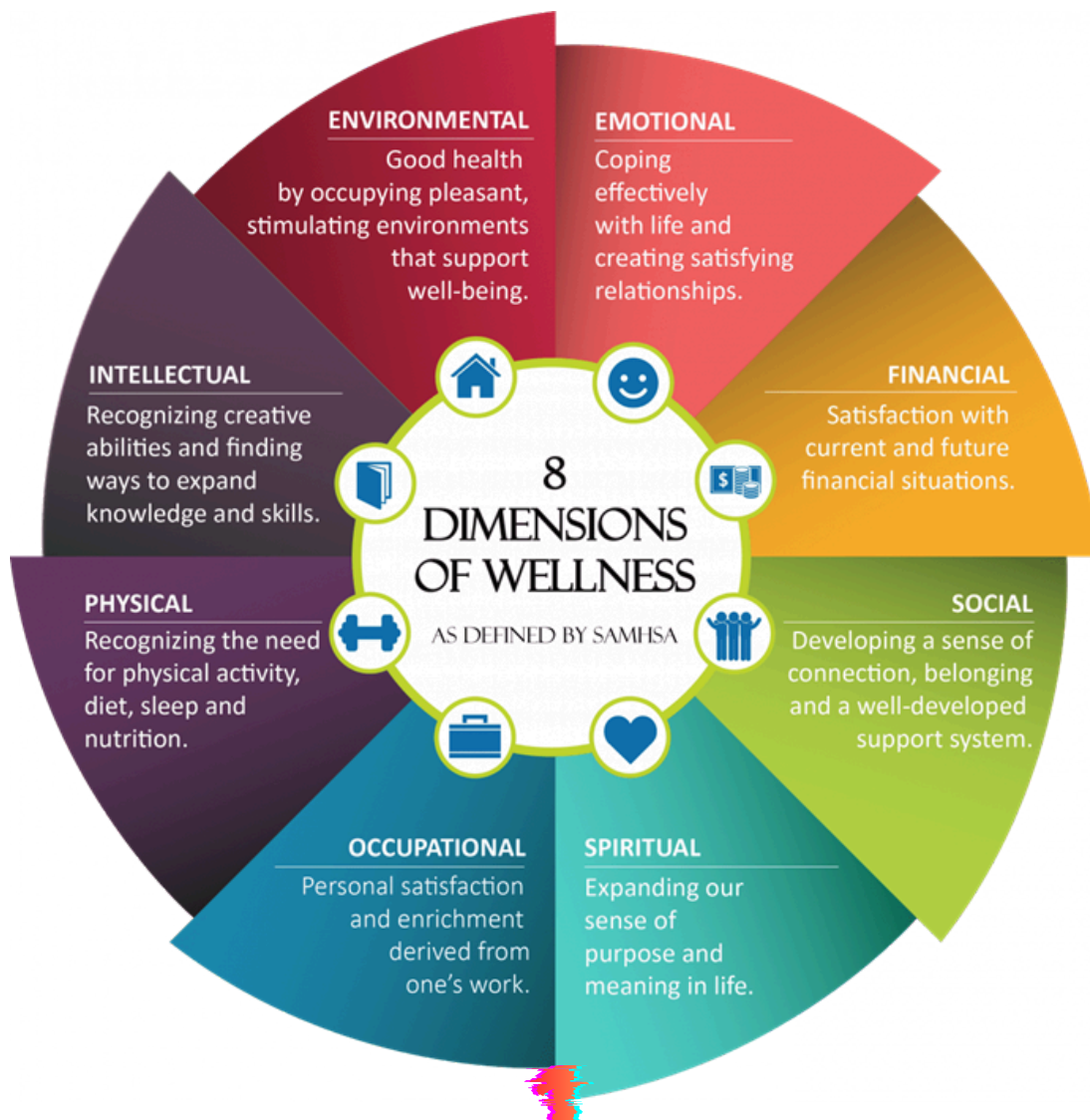


# The Wellness Wheel

**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 an individual becomes 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 highlighting the Emotional dimension of wellness, and focusing on ways in which we understand and use our various coping skills.**



# 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\*

June 9<sup>th</sup> & 23<sup>rd</sup>  
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\*

June 1<sup>st</sup> & 15<sup>th</sup>  
11am-12pm

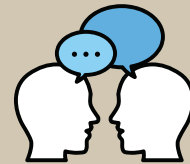


## Telling Your Story

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

\*In-person / Microsoft Teams\*

June 10<sup>th</sup> & 17<sup>th</sup>  
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.

Call (510-708-6499) to RSVP and get the exact location. Event subject to change.



June 29<sup>th</sup> | Berkeley Rose Garden | 11am-12:15pm



## 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!

June 4<sup>th</sup> & 25<sup>th</sup>  
11am-12pm





# Serenity Steps Walking Group

## South Berkeley Farmers' Market

(Between 63<sup>rd</sup> & Adeline in Berkeley)

**Tuesday, June 16<sup>th</sup> | 2pm-3pm**

**Join us for a free stroll through the farmers' market  
and enjoy what each of the vendors have to offer!  
Please be mindful of your walking abilities.**

**The market opens at 2pm if you choose to meet there,  
but you can also meet at the Berkeley Mental Health  
clinic @ 1:30pm to walk as a group!**

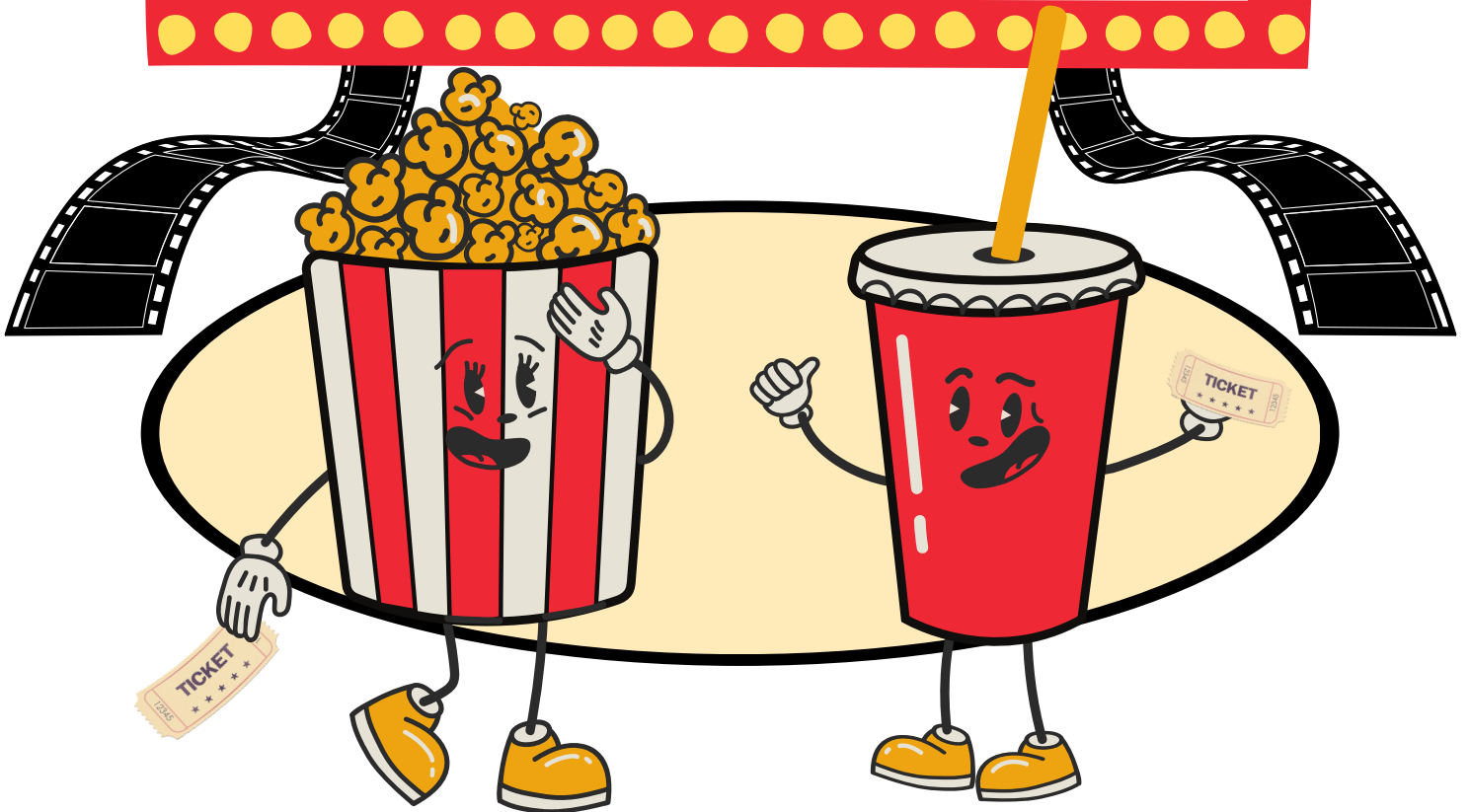
**RSVP @ (510) 708-6499 for more info!**



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.**

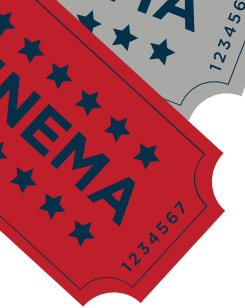
**For more info and to RSVP...**

**contact Kennell Henry**

**510-708-6499**

**[wellnessrecoveryteam@berkeleyca.gov](mailto:wellnessrecoveryteam@berkeleyca.gov)**





**Spider-Man: No Way Home (2021) - 2hrs & 28min**

With Spider-Man's identity now revealed, our friendly neighborhood web-slinger is unmasked and no longer able to separate his normal life as Peter Parker from the high stakes of being a superhero. When Peter asks for help from Doctor Strange, the stakes become even more dangerous, forcing him to discover what it truly means to be Spider-Man.

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





## Days of Awareness and Celebration



### Pride Month (all June 2024)

Dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969

### World Bicycle Day (June 3rd)



Celebrating one of the most important inventions in recorded history. It provides millions with a means of transport powered by nothing other than their bodies. It's practical, reliable, and helps one to stay fit.



### Global Running Day (June 3rd)

Whether you're a regular runner or a bit of a novice, this holiday is about inspiring each other to lead a more active lifestyle. Simply grab your running shoes, a bottle of water, and get your legs moving!

### Global Wellness Day (June 13th)



Dedicated to thinking intentionally about living a healthier and better life by directing the thoughts of both individuals and society into a positive direction.



### Juneteenth (June 19th)

Also known as Freedom Day or Emancipation Day. It has been acknowledged by many for years, but officially deemed a federal holiday as of June 17th, 2021. Juneteenth commemorates the end of slavery in the United States, starting in Galveston Bay, Tx in 1865. Today, we celebrate by emphasizing its symbolism of freedom and progress for Black people and the Black community as a whole.

### Father's Day (June 21st)



Whether its your birth father or a father figure, celebrate them and all that they mean to you.



### Int. Day of Yoga (June 21st)

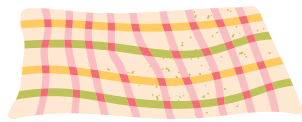
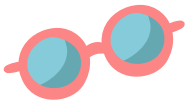
Celebrates the physical and spiritual prowess that yoga has brought to the world. For many, yoga is a way to connect the body, mind and soul in a way that has existed for centuries.

### National Sunglasses Day (June 27th)



Everyone loves a good set of shades... so why not grab your best sunglasses and make some waves at the pool, beach, or just walking down the street with your sweet shades!





# Summer Activities Word Search

B S Z D W X B Z R N U W O P O O L J S B  
 T U O K O O C B E D A N O M E L Z E A A  
 K X I N H C A E B S S I A A Q O V N I R  
 Z B G N I K I H E A U S P K M V T I L B  
 E L C I S P O P D M U N E A A L R H I E  
 H C S E Q W X V T N G Q G C L X A S N C  
 W X T W H X E R S R G A A L F J V N G U  
 X I R M I N E C E O X T A E A M E U A E  
 K I J K T M R L W W I W X H O S L S W N  
 U O J U W E M A S O O V A S U C S B W P  
 F T R J E V Y I N U A L D R T M E E W D  
 S E Z N I N J U N P M L F H M C I A S Y  
 F G G A T V W M Y G K M M N O I U D N C  
 L L A B E S A B W C H C E X U O N H N C  
 A T A M C F P J U U Z P I R J S J Z W I  
 D F K S P H R U J U L Y F O U R T H E N  
 S X M F A V F Y G E G T K G G P X Q J C  
 B A G H E F T X P M A C W S I N N E T I  
 N G N T V O A N O L E M R E T A W U B P  
 Q T J D H J G E V A W T A E H X Z I R G

## WORD LIST

ADVENTURE  
 BARBECUE  
 BASEBALL  
 BEACH  
 CAMP  
 COOKOUT  
 HEATWAVE  
 HIKING

HOT  
 HUMID  
 JULY FOURTH  
 KITE  
 LEMONADE  
 OCEAN  
 PICNIC  
 POOL

POPSICLE  
 SAILING  
 SAND  
 SUMMER  
 SUNFLOWER  
 SUNGLASSES  
 SUNSCREEN

SUNSHINE  
 SWIMMING  
 TENNIS  
 TRAVEL  
 VACATION  
 WARM  
 WATERMELON



# Emotion-Focused & Problem-Focused Coping Skills

Knowing what and how to use our coping skills isn't always a smooth path. Here is a quick guide to help you find which route to choose.



This coping skill can be helpful when you need to **take care of your feelings** or need a healthy distraction when circumstances are out of your control.

**EX:** meditating or doing breath work when feeling angry about missing the bus.



This coping skill can be helpful when you need to **change your current situation**, perhaps by removing a stressful thing from your life.

**EX:** Asking someone for support in managing your “to-do” list



# How Do You Really Feel..?

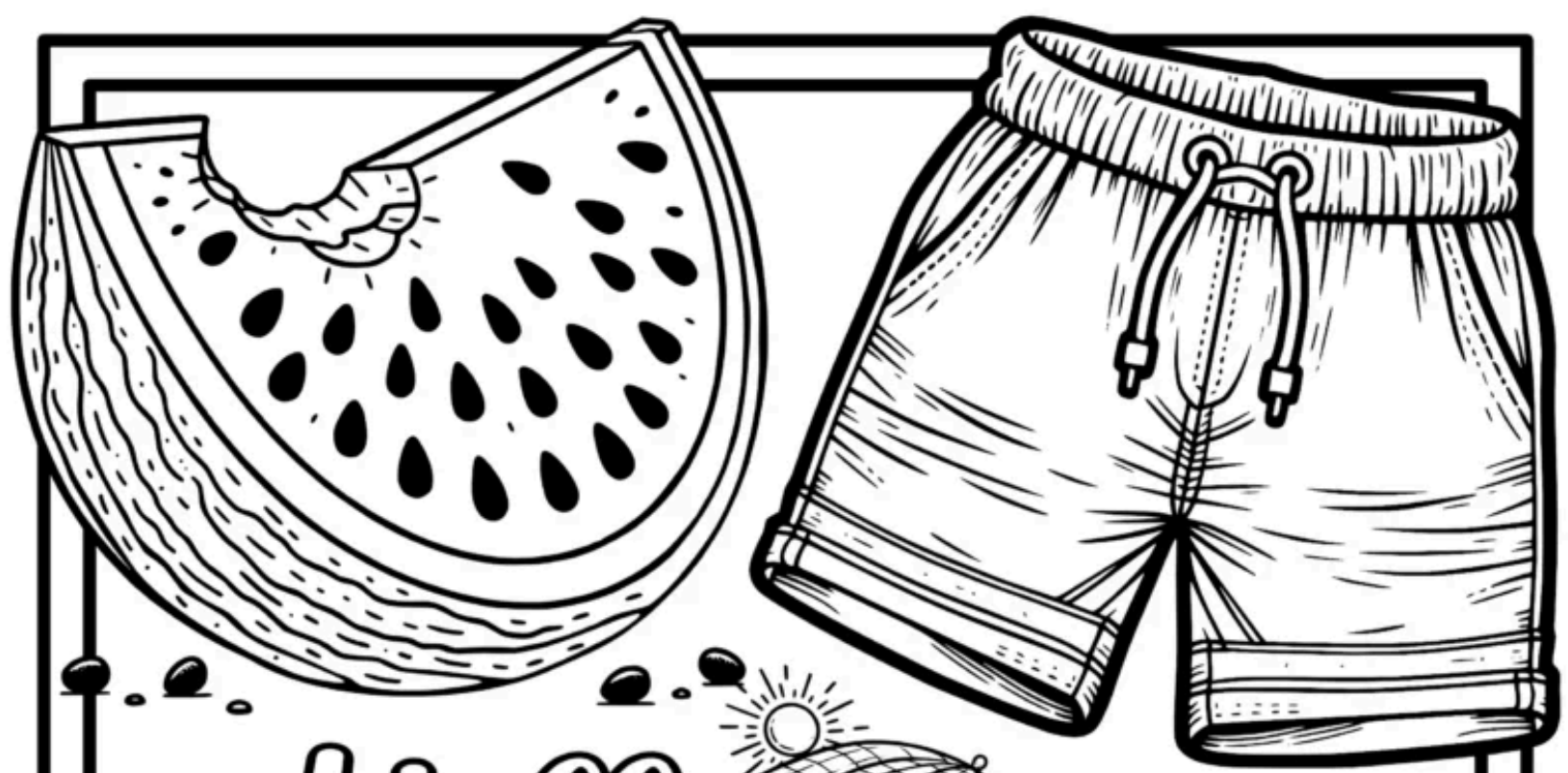
The way we experience our emotions can be complex at times, and identifying how we feel can seem like attempting to slay a dragon.

Here's a helpful list of descriptive words to give more clarity and confidence towards working through those emotions.

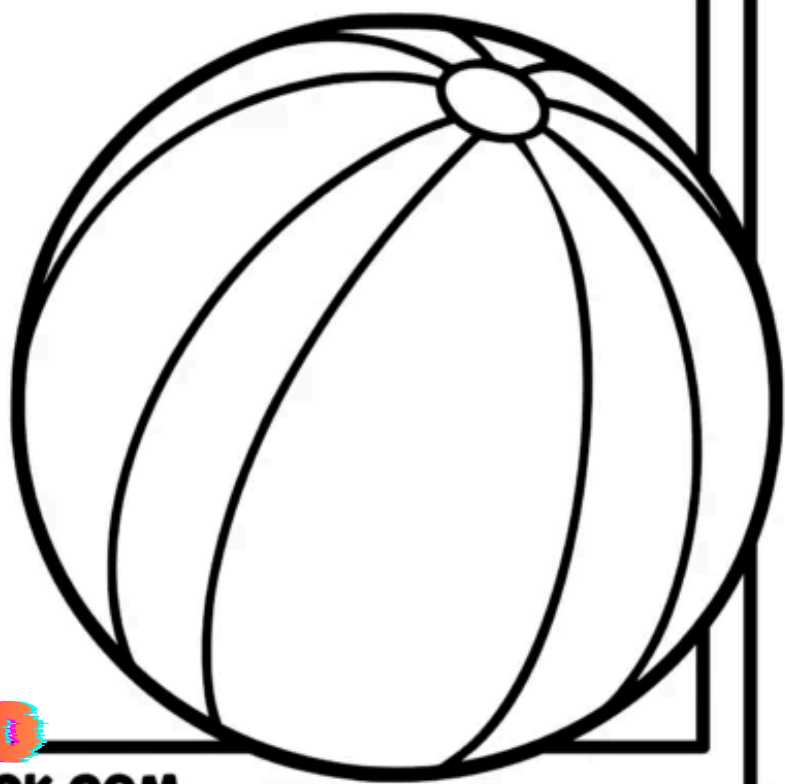
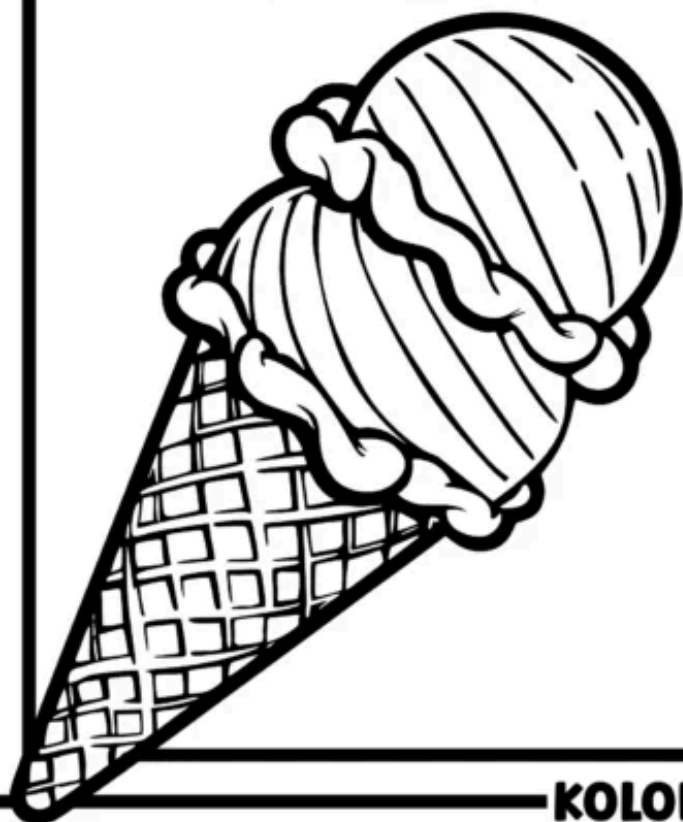
## List of Emotions

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





Hello  
**Summer**

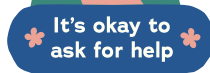


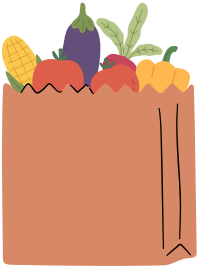


# Healthy Habits for Emotional Wellness



- Name emotions specifically instead of only saying “good” or “bad.”
- Ask yourself, “What might this emotion be trying to tell me?”
- Learn coping skills that calm both body and mind.
- Take slow breaths before responding during emotional intensity.
- Build calming routines into your day.
- Use “I feel” statements during conversations.
- Learn to communicate needs clearly and respectfully.
- Express emotions through writing, art, or music.
- Allow yourself to cry without shame.
- Practice asking for support before reaching a breaking point.
- Learn how to disagree without emotional shutdown.
- Give yourself permission to say, “I need a moment.”
- Communicate boundaries without guilt.
- Practice receiving feedback without emotional collapse
- Talk to yourself with the same care you offer others.
- Practice saying difficult things with compassion.
- Learn to apologize without attacking yourself.
- Reflect on emotional situations instead of only reacting to them.
- Learn from emotional experiences without shaming yourself.
- Focus on progress instead of perfection.
- Practice self-awareness instead of self-criticism.
- Allow mistakes to become learning opportunities.
- Reflect before repeating unhealthy emotional patterns.
- Build coping skills that align with your actual needs.
- Allow yourself to grow beyond survival mode.
- Honor your healing process without rushing it.
- Commit to understanding yourself with compassion and honesty.
- Remember that healthy connection supports healing.





# What's **GROW** NG On?

**Check out some of the fresh produce items that are available this month at grocery stores and local markets!**



APRICOTS



AVOCADO



BEETS



BLUEBERRIES



CARROTS



CHERRIES



CORN



CUCUMBERS



FIGS



GREEN BEANS



GREENS



HERBS



LIMES



MANGOS



MELONS



NECTARINES



NEW POTATOES



PEACHES



PEAS



PINEAPPLES



RADISHES



RASPBERRIES



STRAWBERRIES



TOMATOES



ZUCCHINI



# **WELLNESS GROUP SPOTLIGHT!**

## **Serenity Steps Walking Group**

**Enjoy the fresh air and scenic sights as we  
take a stroll through some of Berkeley's  
parks, museums, and recreational areas!**



**Happening twice a month -  
Check the calendar for more info!**

**(510)-708-6499**

**or**

**[wellnessrecoveryteam@berkeleyca.gov](mailto:wellnessrecoveryteam@berkeleyca.gov)**



# Other Community Resources

## Recovery Services

- **Options Recovery Services**  
1835 Allston Way  
Berkeley, CA 94704  
(510)-463-1819  
Mon-Fri : 9am-5pm
- **Alameda County Substance Use Access and Referral Helpline**  
1-844-682-7215
- **Alameda County Narcotics Anonymous Helpline**  
24-Hour Hotline  
(510)-444-4673

## Food/Housing/Shelter

- **Women's Daytime Drop-In Center**  
2218 Acton St  
Berkeley, CA 94702  
Mon-Fri : 9am-1pm
- **Berkeley Food Network**  
1925 9th Street  
Berkeley, CA 94710  
(510)-616-5383
- **Dorothy Day House**  
1931 Center Street  
Berkeley, CA 94704  
(510)-705-1325

## Volunteer/Employment and Inclusive Support Services

- **The Bread Project**  
1615 University Avenue  
(enter from California Street)  
Berkeley, CA 94703  
(510)-594-1702
- **BOSS (Building Opportunities for Self-Sufficiency)**  
1918 University Ave, Suite 2A  
Berkeley, CA 94704  
(510)-649-1930  
<https://www.self-sufficiency.org/>
- **Pacific Center for Human Growth**  
(510)-548-8283  
<https://www.pacificcenter.org/>
- **Ala Costa Center (Adult Program)**  
3075 Adeline St, Suite 165  
Berkeley, CA 94703  
(510)-527-2550 ext. 205

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





# 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](mailto:WellnessRecoveryTeam@berkeleyca.gov)**

**Berkeley Mental Health  
2640 Martin Luther King Jr. Way  
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