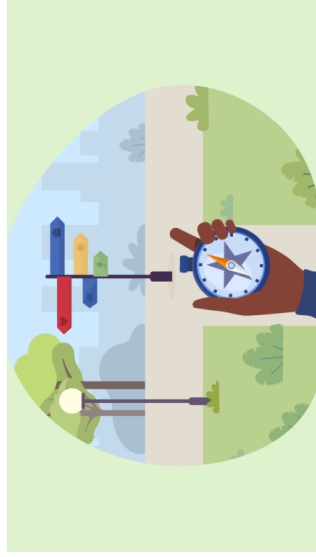


Wellness Recovery at Berkeley Mental Health



Scan for our newsletter!

daily



Dimension of Focus:

Spiritual Wellness

Expanding our sense of purpose and meaning in life despite obstacles and challenges that we face.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2  Wellness Through Passion 11am-12pm	3  HAPPY FOURTH of JULY CLINIC CLOSED IN OBSERVANCE
6  Emotional Wellness Circle 11am-12pm	7	8  Telling Your Story 1pm-3pm	9	10  Serenity Steps Ohlone Park 11:30am-12:45pm
13	14  Hopeful Hearts 1:30pm-2:30pm	15  Telling Your Story 1pm-3pm	16  Wellness Through Passion 11am-12pm	17
20  Emotional Wellness Circle 11am-12pm	21  Hopeful Hearts 1:30pm-2:30pm	22	23	24  Outdoor Play Pep-Up Group Grove Park 1pm-2:30pm
27	28  Serenity Steps Willard Park 1pm-2:15pm	29  Cinema Therapy 1pm-3pm	30	31



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 a.m.

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-DOCC = "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=cGp3MTl5CONkcFESElSUcjUM25zZzQ9>

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 <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

Wellness Recovery Team - July 2026

NEWSLETTER



Summer time is here and in FULL effect!

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.

IN THIS ISSUE

- 1 - Wellness Wheel**
- 2 - Group Schedule**
- 3 - Cinema Therapy: July 29th**
- 5 - Outdoor Play Pop-Up Group**
- 6 - July Days of Acknowledgement and Celebration**
- 7 - Minority Mental Health Awareness Month**
- 8 - "Using Your Inner Compass" Worksheet**
- 9 - Spiritual Wellness Word Search**
- 10 - "Follow Your Path" Coloring Page**
- 11 - Healthy Habits for Spiritual Wellness**
- 12 - Wellness Group Spotlight : Hopeful Hearts**
- 13 - What's GROWING On in July?**
- 14 - Other Community Resources**
- 15 - Contact Us**

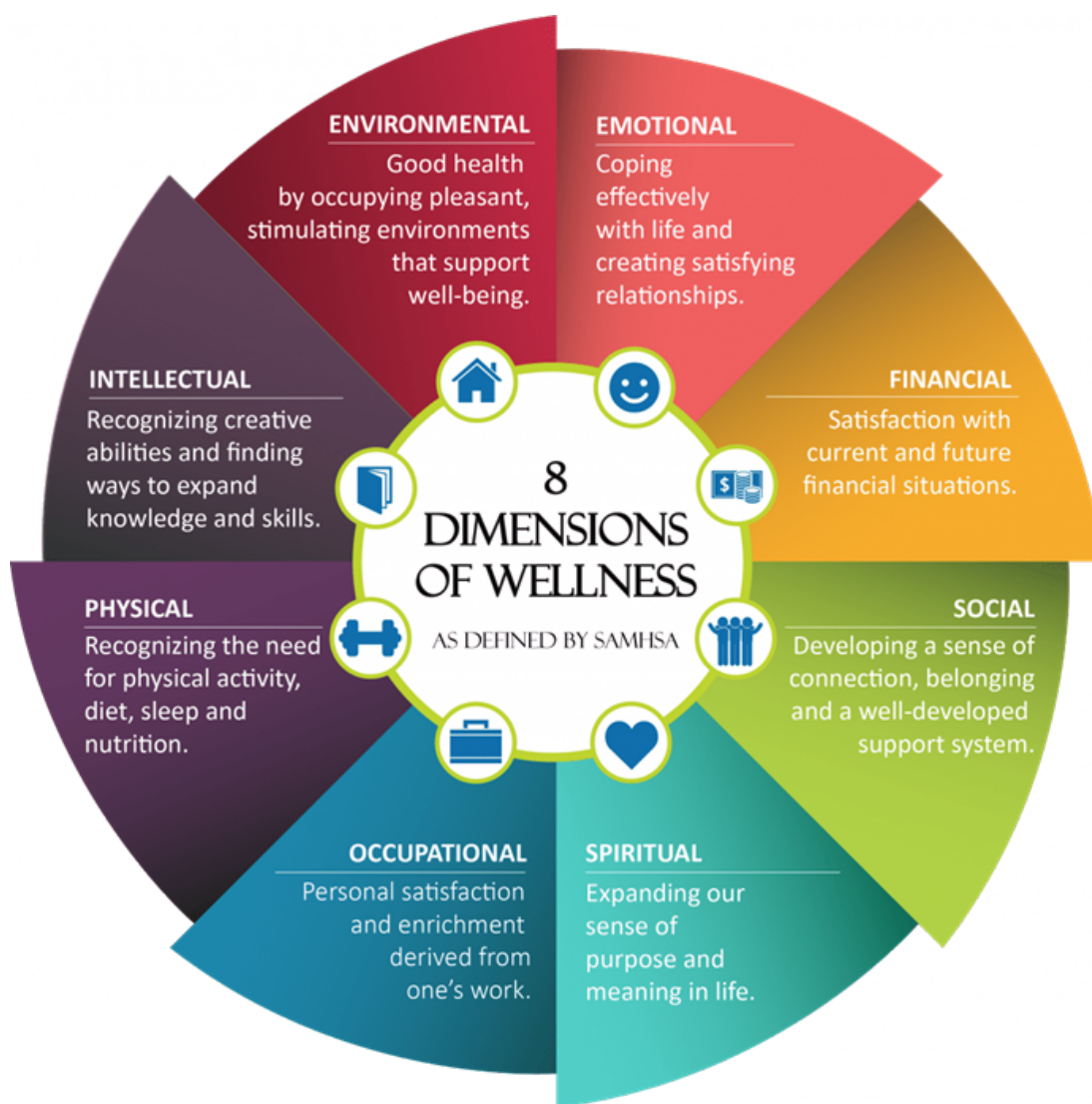


The Wellness Wheel

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 **SPIRITUAL** dimension of wellness, which describes the ways in which we can expand our sense of purpose and meaning in life.



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

July 14th & 21st
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

July 6th & 20st
11am-12pm



Telling Your Story

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

In-person / Zoom

July 8th & 15rd
1pm-3pm



Serenity Steps

Visit parks in Berkeley and the surrounding area to connect in person, get some exercise, and explore the community.

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



July 10th | Ohlone Park | 11:30am-12:45pm
July 28th | Willard Park | 1pm-2:15pm



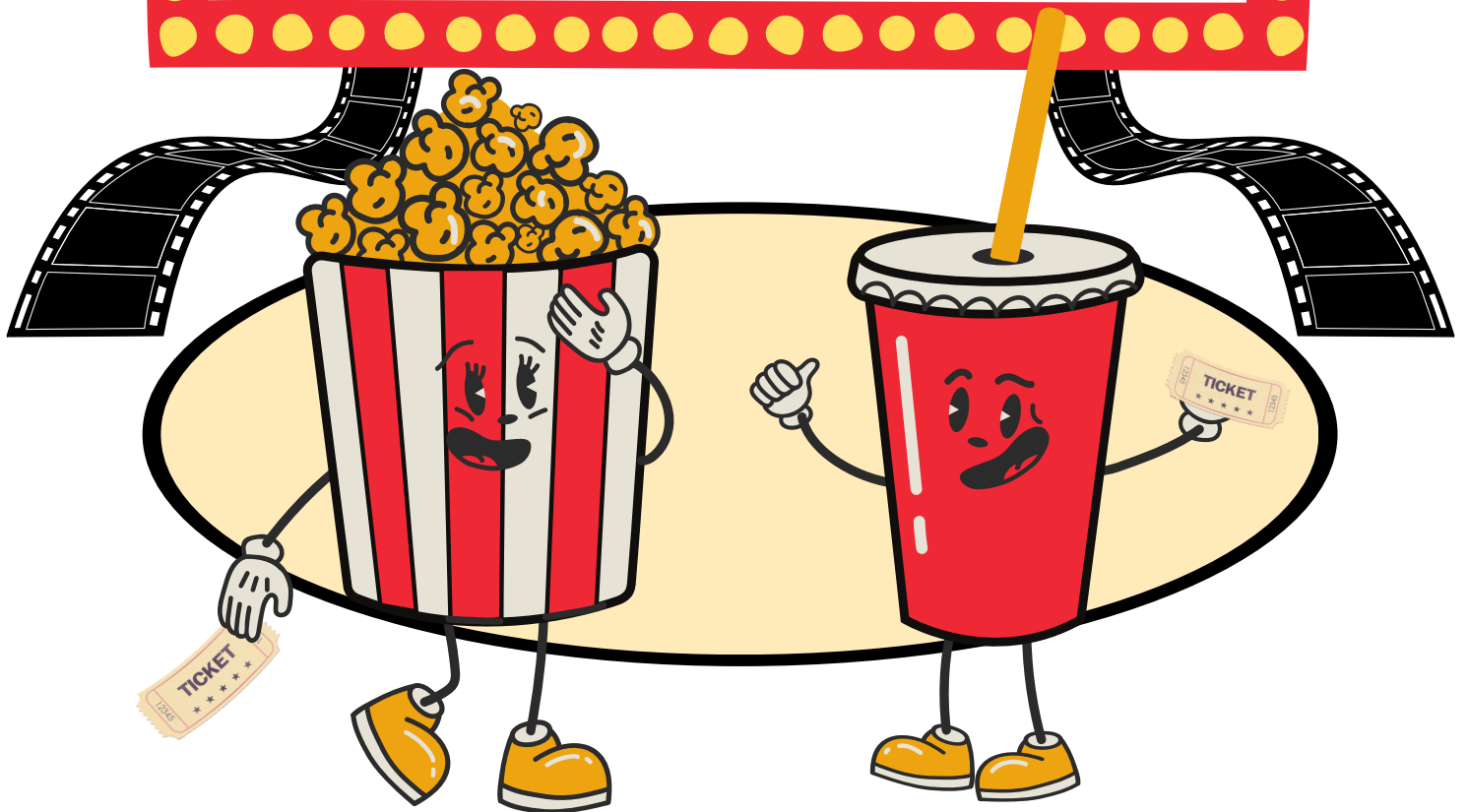
Wellness Through Passion

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



July 2nd & 16th
11am-12pm





**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

NOW SHOWING
7/29 @ 1:00PM



Lilo & Stitch (2002) - 1hr & 25min

Lilo is a lonely Hawaiian girl who adopts a small ugly "dog," whom she names Stitch. Stitch would be the perfect pet if he weren't a genetic experiment who escaped from an alien planet and crash-landed on Earth. Through her love, faith and unwavering belief in ohana, the Hawaiian concept of family, Lilo helps unlock Stitch's heart and gives him the ability to care for someone else.

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

OUTDOOR PLAY POP UP



FRIDAY, JULY 24TH 1PM-2:30PM

**GROVE PARK
1730 OREGON ST
BERKELEY, CA 94703**

JOIN US IN THE PARK FOR SOME SUMMERTIME FUN!

LIGHT SNACKS WILL BE PROVIDED!



Days of Acknowledgement and Celebration



Fourth of July (July 4th)

Commemorated to celebrate the nation's birthday and Independence Day. On this day, most Americans enjoy food, sports, and other activities. Some partake in parades or marches and enjoy the fireworks that are often launched at dusk.

World Chocolate Day (July 7th)



Indulge in this tasty treat. Whether milk, dark, or any other variation, celebrate by enjoying some chocolate on this day.



National Blueberry Day (July 8th)

They're nutritious and a fun snack to enjoy at anytime. Whether in your favorite dessert item or by themselves, blueberries are great and in season now!

National Slurpee Day (July 11th)

Also known as "National 7-Eleven Day"; on this day, 7-Eleven gives out free Slurpees to its customers all day. Beat the heat with a free slurpee!



National Hot Dog Day (July 17th)

When we think of summer, hot dogs are loved staple food; it's just part of the overall experience. Enjoy this delicious meal however you'd like in whatever form you choose



National Ice Cream Day (July 19th)

Celebrate this day by cooling off with a scoop of your favorite flavor. Whether plain or with all the toppings, enjoy a beloved summer-time treat by yourself or with a friend.

Int'l Self Care Day (July 24th)



Make self-care a part of your everyday routines and turn it into a priority. It is a milestone, and an opportunity to raise further awareness of the benefits of effective self-management of health.



World Nature Conservation Day (July 28th)

This day stresses the need for preserving the environment and its natural resources to maintain a stable and healthy society.

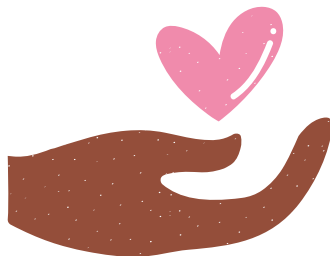


Celebrated July 1st-31st, 2026

In 2008, July was declared as National Minority Mental Health Awareness Month, also known as “Bebe Moore Campbell National Minority Mental Health Awareness Month”. Campbell (1950-2006) was a teacher, journalist and mental health advocate who was passionate about bringing awareness to mental health struggles minority communities often face.

More than 1 in 5 US adults live with a mental illness. Mental health issues are treatable and often preventable, but not everyone has the same amount of support. People in some racial and ethnic minority groups face more challenges than others getting mental health care, such as lack of access to quality care and resources, discrimination, and lack of cultural awareness.

Learning about ways to help spread awareness of minority mental health factors can go along way to creating safe spaces for everyone.



https://news.nnlm.gov/region_6/2023/07/national-minority-mental-health-awareness-month/

Using Your Inner Compass:

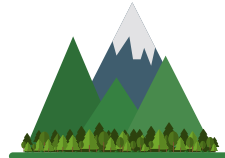
Exploring Spritual Wellness for Mental Well-Being

Spirituality is an invitation to connect with something greater than ourselves. It can be connection to a higher power, the universe, nature, inner wisdom, or simply a deep sense of meaning and purpose.

Connection may feel different for each of us, because the spiritual path is personal and intimate. Even though it is a deeply individual journey, it doesn't mean we walk it alone. Each experience of awakening or awareness is unique.

Here are some examples in which we can use our version of spirituality to connect to the world around us.

- Meditation (individual or group)
- Neighborhood community
- Faith community
- Yoga/body movement
- Religious text/scripture
- Connecting with others
- Sports/exercise regimen
- Celebrate holidays
- Seeking friendships and new relationships
- Expression through creating art/music
- 12 Step Program (AA, NA, OA, etc.)
- Acknowledging random acts of kindness
- Reciting a motivational Mantra
- Nature Walks or being outside
- Outdoor activities



What are some practices related to spiritual wellness that you would like to incorporate into your daily life?

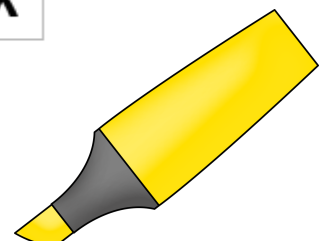
Spiritual Wellness Word Search

Take some time and tend to your mind (and spirit) with this mindful activity.

Can you find all of the words in the word search?

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

EXERCISE
 EXPERIENCES
 BREATHWORK
 FAMILY
 MINDFULNESS
 COMMUNITY
 NATURE
 GRATITUDE
 TWELVE STEP
 REST
 MANTRAS
 ART
 RECOVERY
 MOVIES
 GROUP ACTIVITY
 MOVEMENT
 JOURNALING
 MUSIC
 HOLIDAYS
 BOOKS
 VALUES



Follow Your Path





Healthy Habits for Spiritual Wellness



- Perform an act of kindness.
- Learn about practices that inspire your spirit.
- Give yourself words of encouragement.
- Spend time doing something that brings you peace.
- Place your hand on your heart and breathe deeply.
- Spend time with people who nurture your spirit.
- Write down things that bring you joy.
- Choose one small practice each day that helps you feel connected, grounded, and at peace.
- Trust that growth can happen gently.
- Reconnect with what brings meaning to your life.
- Create space for stillness and reflection.
- Offer yourself compassion during difficult moments.
- End the day by naming one lesson you learned.
- Spend time barefoot on grass.
- Appreciate the progress you have made.
- Take a mindful pause before responding to stress.
- Write about what makes you feel safe.
- Create a personal ritual for self-care.
- Read stories that inspire courage.
- Keep a list of things that restore your spirit.
- Spend time caring for a plant.
- Celebrate small victories.
- Spend time connecting with your community.
- Reflect on the ways you have grown.
- Speak kindly to yourself.
- Reflect on what freedom means to you.
- Journal about what you need to release.
- Take a slow walk and notice your surroundings.



BLESSED

I AM SUPPORTED



Show **EMPATHY** & *Understanding*



STRONGER
together

breathe

PROTECT YOUR
Peace of Mind

HOPE



WELLNESS GROUP SPOTLIGHT!

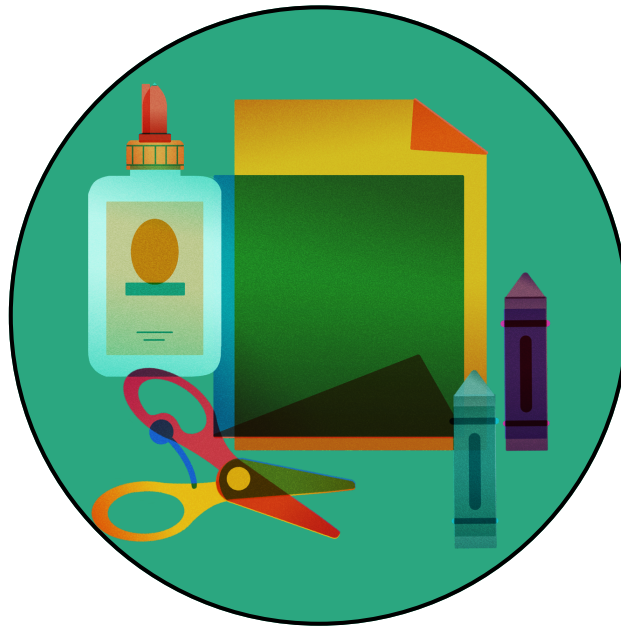
Hopeful Hearts

Tuesdays from 1:30pm-2:30pm

Berkeley Mental Health Clinic

2640 Martin Luther King Jr Way

Berkeley, CA 94704

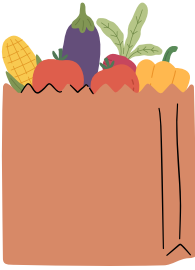


Join our art-focused card making group that provides therapeutic support and socialization through creative card making. You can create something for yourself, family, friends, or for individuals in various mental health facilities.

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 July!



APRICOTS



AVOCADO



BEETS



BELL PEPPERS



BLACKBERRIES



BLUEBERRIES



CARROTS



CHERRIES



CORN



CUCUMBERS



EGGPLANT



FIGS



GREEN BEANS



GREENS



HERBS



LIMES



MANGOS



MELONS



NECTARINES



NEW POTATOES



PEACHES



PEAS



PLUMS



RADISHES



RASPBERRIES



STRAWBERRIES



TOMATOES



ZUCCHINI



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

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

