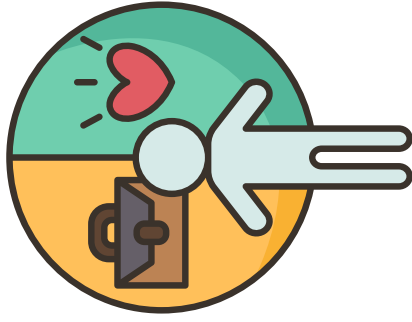




Scan for our newsletter!

Buddy



## Dimension of Focus: Occupational Wellness

Finding personal satisfaction and enrichment that is derived from one's own work and activities.

### 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                                                                |
|----------------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------|
| <b>3</b><br><br><b>Emotional Wellness Circle</b><br>11am-12pm  | <b>4</b>                                                | <b>5</b>                                              | <b>6</b><br><br><b>Serenity Steps</b><br>BAMPFA Museum<br>11am-12:15pm | <b>7</b>                                                              |
| <b>10</b>                                                      | <b>11</b><br><br><b>Hopeful Hearts</b><br>1:30pm-2:30pm | <b>12</b><br><br><b>Telling Your Story</b><br>1pm-3pm | <b>13</b><br><br><b>Wellness Through Passion</b><br>11am-12pm          | <b>14</b>                                                             |
| <b>17</b><br><br><b>Emotional Wellness Circle</b><br>11am-12pm | <b>18</b>                                               | <b>19</b><br><br><b>Telling Your Story</b><br>1pm-3pm | <b>20</b>                                                              | <b>21</b><br><br><b>Serenity Steps</b><br>Live Oak Park<br>1pm-2:15pm |
| <b>24</b>                                                      | <b>25</b><br><br><b>Hopeful Hearts</b><br>1:30pm-2:30pm | <b>26</b>                                             | <b>27</b><br><br><b>Wellness Through Passion</b><br>11am-12pm          | <b>28</b><br><br><b>Cinema Therapy</b><br>1pm-3pm                     |
| <b>31</b>                                                      | <b>Stay tuned for what's to come in September...</b>    |                                                       |                                                                        |                                                                       |



## 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=cGp3MTI1c0NkcjFESEl5UGJuM25zZz09>

**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.



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**Berkeley Mental Health**

# **NEWSLETTER**

## **Wellness Recovery Program – August 2026**

**Check out this month's edition to know all about our upcoming groups and activities, important dates, and wellness tools to keep you engaged this month.**



### **IN THIS ISSUE**

- 1 Wellness Wheel**
- 2 Group Schedule**
- 3 Serenity Steps: August 6<sup>th</sup>**
- 4 Cinema Therapy: August 28<sup>th</sup>**
- 6 August Days of Acknowledgement & Celebration**
- 7 Int'l Day of the World's Indigenous Peoples**
- 8 Summertime Crossword Puzzle**
- 9 Occupational Wellness 101**
- 10 The Power of Hobbies**
- 11 Help Yourself While Helping Others**
- 12 Wellness Group Spotlight : Wellness Through Passion**
- 13 "August Blooms" Coloring Page**
- 14 Occupational Wellness Strategies**
- 15 What's GROWING On in August?**
- 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 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 **OCCUPATIONAL** dimension of wellness, which highlight the ways in which we can find personal satisfaction and enrichment in the work and activities that we engage in.



# Group Schedule

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

## Emotional Wellness Circle

Share your feelings and build new coping skills to help you move through daily life.

**\*In-person / Zoom\***

**Mon, August 3<sup>rd</sup> & 17<sup>th</sup>  
11am-12pm**



## Hopeful Hearts

Create positive messages using various art supplies to uplift yourself or others who may need support.

**\*In-person / Zoom\***

**Tues, August 11<sup>th</sup> & 25<sup>th</sup>  
1:30pm - 2:30pm**



## Telling Your Story

Combat stigma by developing your recovery story and sharing your lived experience with your peers.

**\*In-person / Zoom\***

**Wed, August 5<sup>th</sup> & 12<sup>th</sup>  
1pm-3pm**



## Wellness Through Passion

Express your passion, develop leadership skills, and promote wellness by facilitating an activity of your choosing for your peers!



**Thurs, August 13<sup>th</sup> & 27<sup>th</sup>  
11am-12pm**



## Serenity Steps

Visit parks in Berkeley 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 Kennell (510-708-6499) to RSVP and get the exact location.**



**Live Oak Park & Berkeley Art Center  
Fri, August 21<sup>st</sup> | 1pm-2:15pm**



# BAMPFA

**Berkeley Art Museum and  
Pacific Film Archive**



## **Serenity Steps Walking Group**

**Thursday, August 6<sup>th</sup>  
11am - 12:15pm**

**Join us for a free stroll through the museum and  
enjoy what the exhibits have to offer!**

**The museum opens at 11am, but we will meet  
outside of the museum @ 10:50am.**

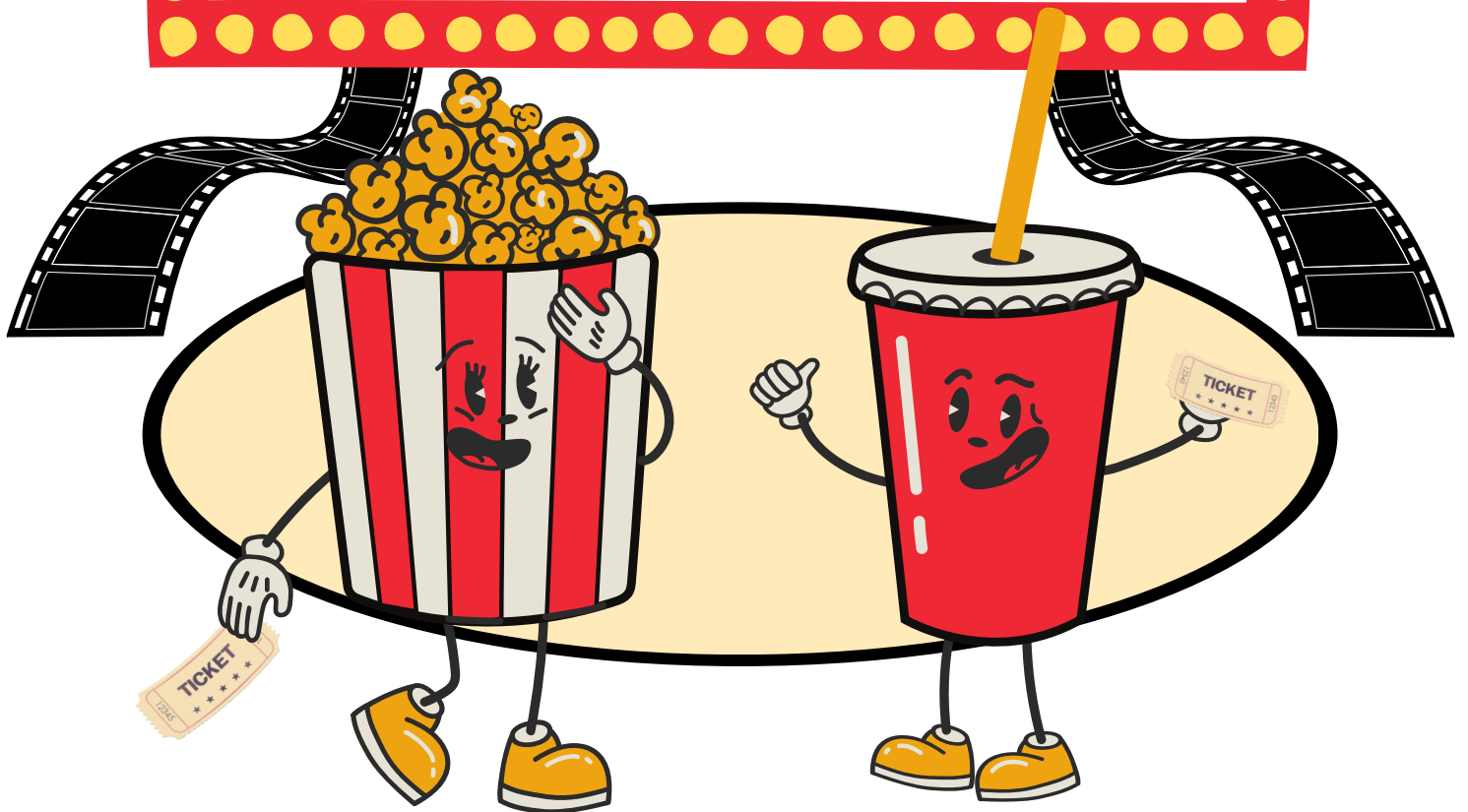
**2155 Center Street  
Berkeley, CA 94720**

**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)**

**NOW SHOWING**  
**8/28 @ 1:00PM**



### **Black Panther (2018) - 2hrs 15min**

**After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king.**

**When a powerful enemy suddenly reappears, T'Challa's mettle as king gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.**

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

# August

## Days of Acknowledgement and Celebration

SHOP  
BLACK  
OWNED

### Black Business Month (All August)

With many thriving and growing businesses in the bay area and online, support or research Black businesses within your community.

### National Coloring Book Day (8/2)

Spend some time reliving your childhood playdates and tap into all the health and wellness benefits.



### National Friendship Day (8/3)

Celebrate those who add value to your lives. Whether human or animal, take some time to appreciate those special souls.



### National Book Lovers Day (8/9)

Read some pages out of your favorite book, or check out one from the library that sparks your interest. You may learn a thing or two!



### Hip Hop Day (8/11)



Recognized throughout the music world for its iconic style and cultural relevancy. Created and coined by Bronx, NY native, Clive "DJ Cool Herc" Campbell over 50 years ago.

### National Relaxation Day (8/15)



If you need a break from your daily tasks, give yourself that gift. You deserve it!



### Kobe Bryant Day (8/24)

Arguably the greatest professional basketball player ever, this day honors his legacy and the impact that he has left on the game and the world.

### Women's Equality Day (8/26)

**EQUAL**  
Rights ♀

Celebrates the achievements of women's rights activists and reminds us of the intersecting struggles that women of all identities and ethnicities face daily.

World Distance Learning Day (8/31) - Celebrated to recognize and embrace learning that take place outside of a traditional classroom setting.





# INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

AUGUST 9TH, 2026



The Ohlone (pronounced oh-low-nee) are a community of indigenous people with around 50 different tribes, whom are located in the Northern California area from the San Francisco coast through Monterey Bay to the lower Salinas Valley.

The Ohlone family of tribes have inhabited the Bay Area for over 10,000 years. One of the tribes, present-day Muwekma Ohlone (pronounced muh-wek-mah), are comprised of surviving members who inhabit what we know today as these five Bay Area cities - Alameda, Berkeley, Emeryville, El Cerrito, and most of Oakland.

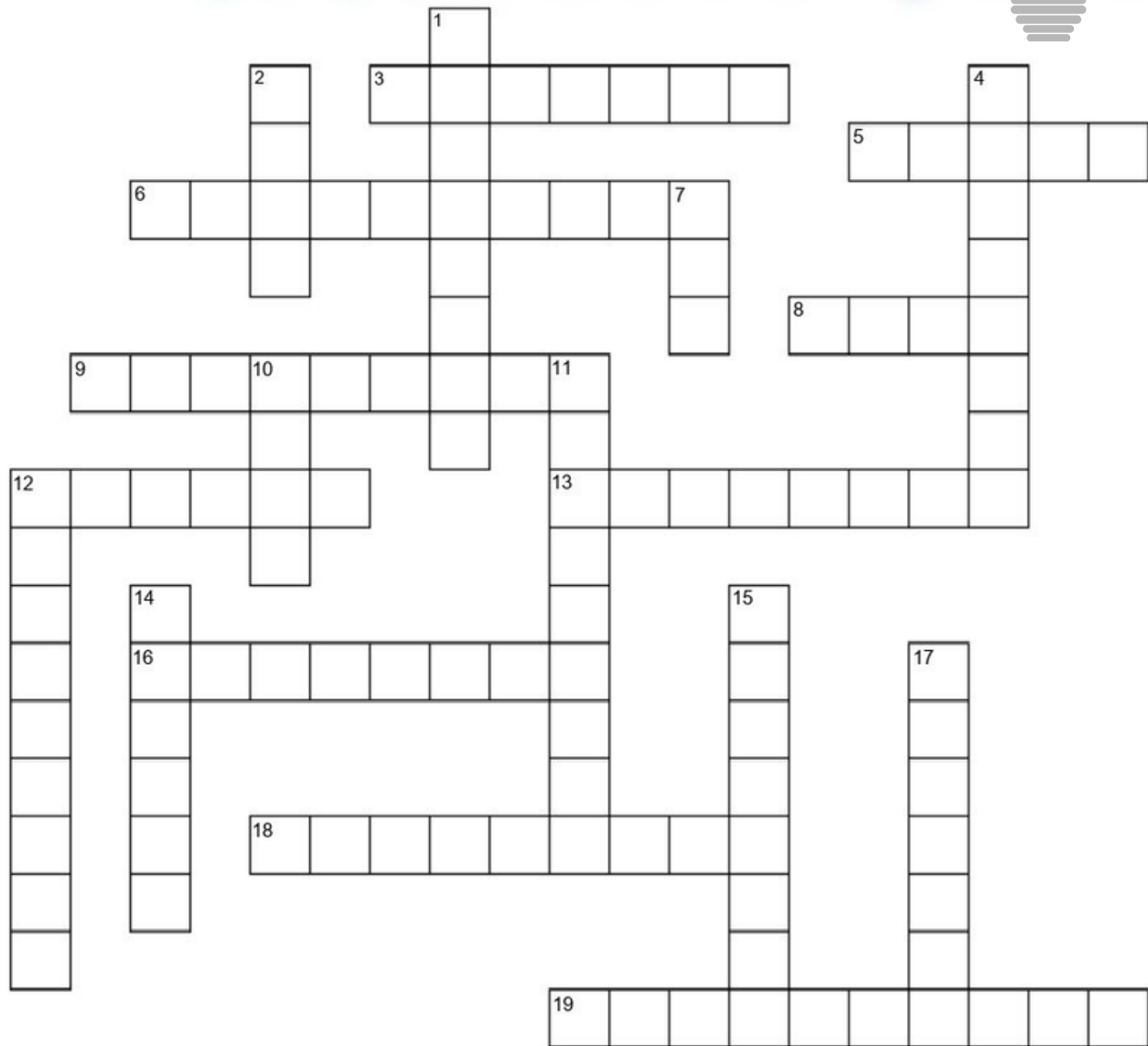
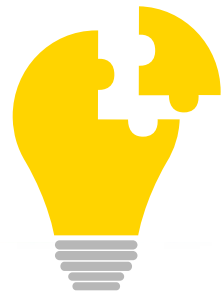
xučyun (pronounced hooch-yoon), in downtown Berkeley, is the home territory of the Ohlone people, who speak the native language of Chochenyo (pronounced cho-chen-yo).

Indigenous peoples have sought recognition of their identities, their way of life and their right to traditional lands, territories and natural resources for years. In order to raise awareness, August 9th is commemorated as recognition of the first meeting of the UN Working Group on Indigenous Populations held in Geneva, Switzerland in 1982.

As members of the Berkeley community, it's very important that we not only recognize the history of the land on which we stand, but also, we recognize that the Muwekma Ohlone people are alive and flourishing members of the Berkeley and broader Bay Area communities today.



# Summertime Crossword Puzzle



## WORD BANK:

BARBECUE  
BEACH  
BICYCLE  
CAMPING  
FLIP FLOPS  
HAMBURGER  
HOT DOG  
ICE CREAM  
JUNE  
KITE

LEMONADE  
PICNIC  
POOL  
POPSICLE  
SEPTEMBER  
SUN  
SUNGLASSES  
SUNSCREEN  
VACATION  
WATERMELON

## DOWN:

1. Time off which often includes traveling.
2. First month of summer.
4. Summer cookout with grilled food.
7. Star that provides light and heat.
10. Chlorinated place to swim laps.
11. Last month of summer.
12. Beef patty between two buns served with lettuce, tomato, onion and various condiments.
14. A meal eaten outdoors on a the grass.
15. Drink made from lemons, water & sugar.
17. Two wheeled vehicle powered by foot pedals and navigated by handlebars.

## ACROSS:

3. Outdoor activity involving sleeping in a tent.
5. Popular vacation destination with sand, sea and salty air.
6. They protect your eyes from the sun.
8. Toy that you fly in the air on a string.
9. Summer sandal often worn at the beach.
12. Grilled sausage served in a split bun with ketchup, mustard and relish.
13. Frozen summer treat on a stick.
16. Cool summer treat served in a cup or cone.
18. Lotion that protects your skin from UV rays.
19. Summer with a pink center, and green skin.

# Occupational Wellness 101

**There are so many ways to find and cultivate wellness within the work and other tasks that you aspire to complete.**

**Here are some examples of how to grow stronger in this area, no matter what your goal is.**

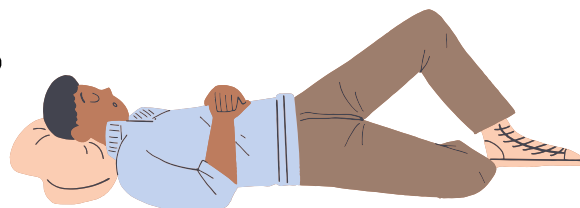
**Increase your knowledge by developing skills in areas you're interested in.**



**Write down your goals and create the steps towards achieving them.**



**Create healthy boundaries with rest in between your working hours.**



# The Power of Hobbies

**Whether it's mastering a new skill, creating something with our hands, or working toward a personal goal, hobbies provide a sense of progress and accomplishment into our lives.**



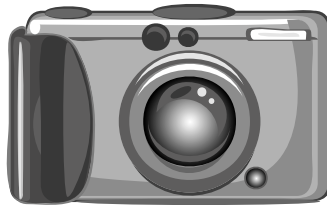
**Gardening**



**Playing Sports**



**Arts/Crafts**



**Photography**



**Yoga**



**Crocheting**



**Cooking**

**Engaging in these enjoyable activities can also reduce feelings of anxiety and depression, and they have the power to heal by bringing comfort, hope, and emotional balance during difficult times.**

# Help Yourself while Helping Others

**Volunteering is a perfect activity that can give you a sense of accomplishment and purpose! It's free and allows you to connect to your community and make it a better place.**

**Helping out with even the smallest tasks can make a real difference to the lives of people, animals, and organizations in need.**

---



- Great way to meet new people, especially if you are new to an area.
  - Strengthens your ties to the community, broadens your support network, and can help build lasting friendships.
  - Exposes you to people with common interests, neighborhood resources, and fun and fulfilling activities.
- 

- Offers the chance to try out a new career and gain experience without making a long-term commitment.
  - Can provide great training opportunities and allows you to strengthen your existing skills.
- 



**STRONGER  
TOGETHER**



- Provides a healthy boost to your self-confidence, self-esteem, life satisfaction and a natural sense of accomplishment.
- Protects you against stress and depression when going through challenging times by keeping you in contact with people and animals.
- Keeps you physically active, even into later stages of life.

# WELLNESS GROUP SPOTLIGHT!

## Wellness Through Passion

Thursdays from 11am-12pm | Berkeley Mental Health Clinic

**Do you have a skill or passion that you love and want to share with others?**

**Check out the **Wellness Through Passion** group to connect with like-minded people, learn about and strengthen your facilitation skills!**

**Attend two sessions (one as a participant, one as a facilitator) and have the opportunity to earn a **\$20 Berkeley Bowl** gift card!**

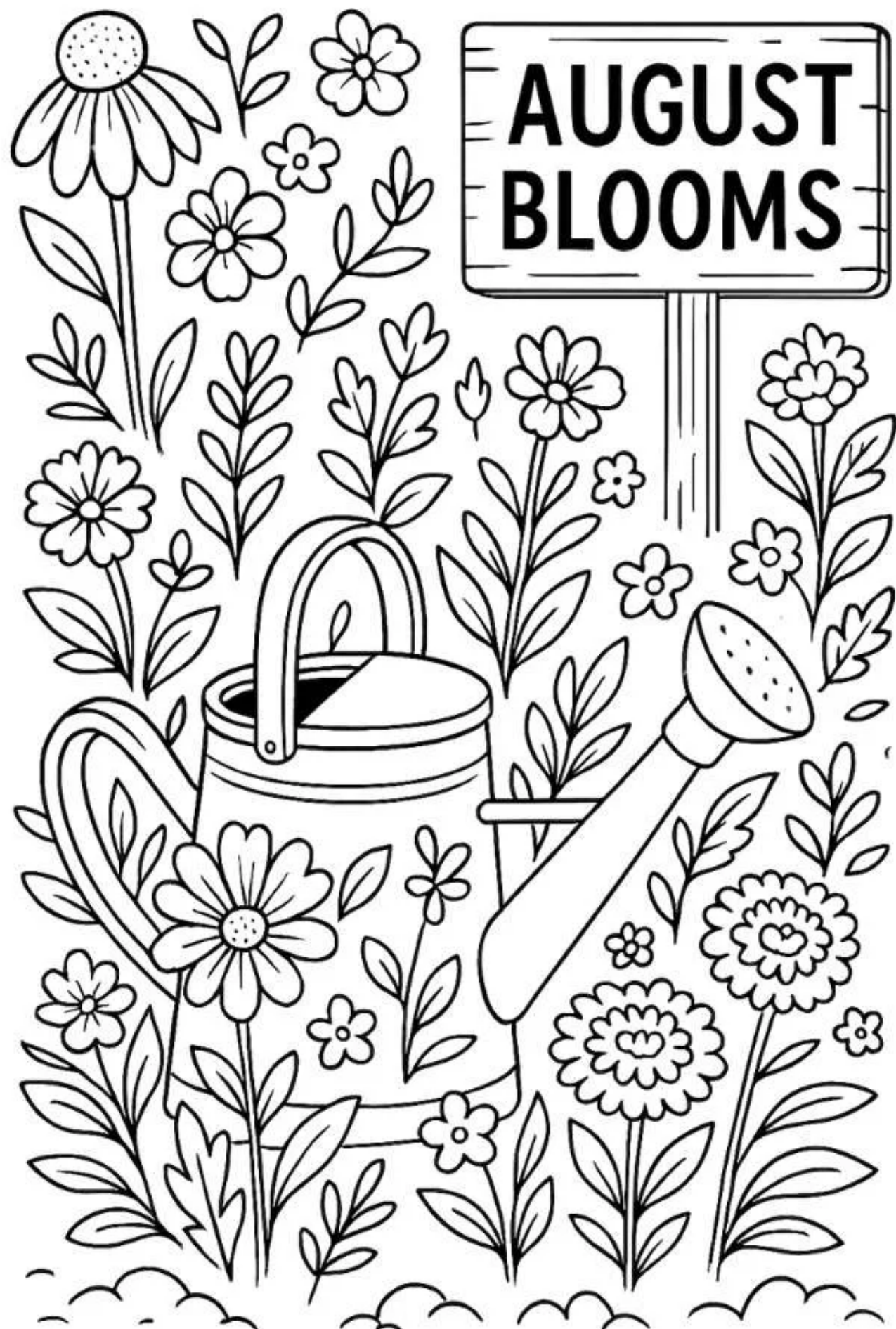


**For more info, contact: (510)-708-6499**

**or**

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

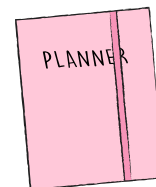
# AUGUST BLOOMS

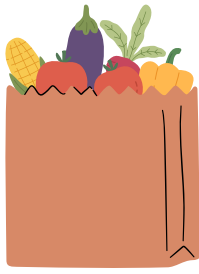


# Healthy Habits for Occupational Wellness

- Learn healthy ways to manage workplace stress.
- Volunteer to gain experience and confidence.
- Attend job readiness workshops and trainings.
- Practice time management using a planner or phone calendar.
- Create a daily routine that supports your goals.
- Learn to identify your strengths and talk about them.
- Smile and greet people respectfully.
- Wake up at the same time each weekday.
- Practice introducing yourself with confidence.
- Learn something new through books, videos, or classes.
- Save copies of important employment documents in one place.
- Return phone calls and messages within 24 hours when possible.
- Arrive 15-20 minutes early for appointments.
- Break large goals into small, manageable steps.
- Practice maintaining eye contact during conversations.
- Use positive and professional language.
- Practice staying calm when receiving feedback.
- Believe that every skill can improve with practice.
- Dress appropriately for interviews or work.
- Keep your personal hygiene routine consistent.
- Ask for support before stress becomes unmanageable.
- Keep a calendar of appointments, interviews, and deadlines.
- Get enough sleep before important commitments.
- Use healthy coping skills when feeling overwhelmed.
- Keep a list of your achievements and successes.
- Focus on progress instead of perfection.
- Reward yourself for reaching milestones.
- Believe in your ability to succeed, even on difficult days.
- Remember that consistency creates confidence.
- End each day by recognizing one thing you did well.

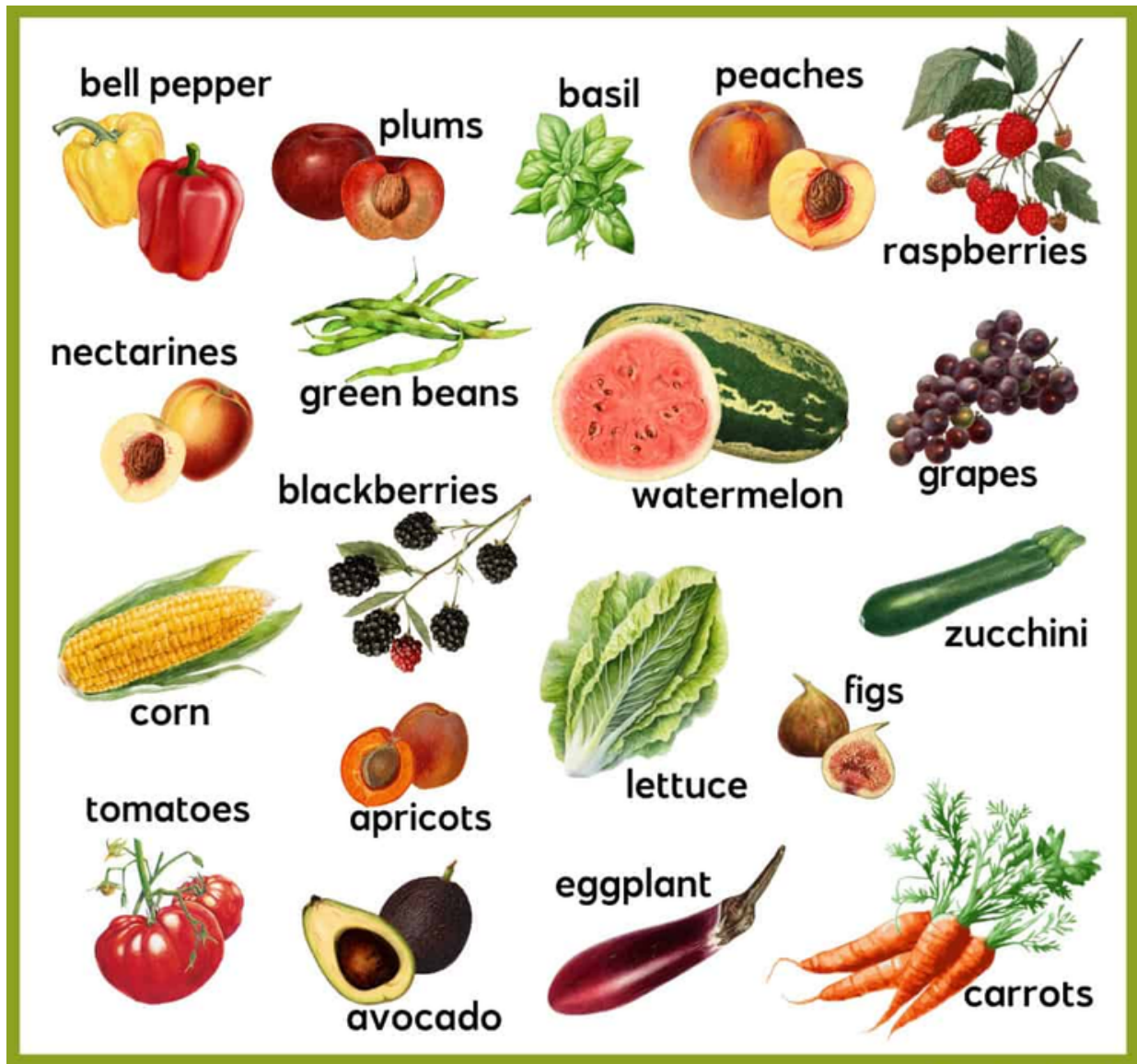
JOIN OUR TEAM





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

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



# 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 & 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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