



Scan for our newsletter!

bully

NOVEMBER



Dimension of Focus: Social Connection & Gratitude

Strengthening our abilities to connect with others and cultivating gratitude.

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

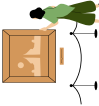
wellnessrecoveryteam@berkeleyca.gov

Berkeley Mental Health

2640 Martin Luther King Way

Berkeley, CA 94704

(510) - 981-5290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Emotional Wellness Circle 11am-12pm	3  Hopeful Hearts 1:30pm-2:30pm	4 B-POCC Self-Care Event 10:00-12:00  Telling Your Story 1pm-3pm	5  Serenity Steps BAMPFA Museum 11am - 12:15pm	6
9  Emotional Wellness Circle 11am-12pm	10  Hopeful Hearts 1:30pm-2:30pm	11  WE WILL BE CLOSED ON VETERANS DAY	12	13
16  Emotional Wellness Circle 11am-12pm	17	18  Telling Your Story 1pm-3pm	19  Wellness Through Passion 11am-12pm	20  Cinema Therapy 1pm-3pm
23  Emotional Wellness Circle 11am-12pm	24	25	26  CLOSED FOR THANKSGIVING DAY AND THE DAY AFTER	27  See you on Monday!
30				



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 to ensure your spot in the group.

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=cGp3M1I5c0NkcjFESEl5UGJuM25zZz09>

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

- Call 1-669-900-6833
 - Put in Meeting ID
 - It will ask for your participant ID, if you don't have one press "#"
 - 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

November 2026



We are almost to the end of the year, but there are still a lot of great things happening at Berkeley Mental Health.

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.

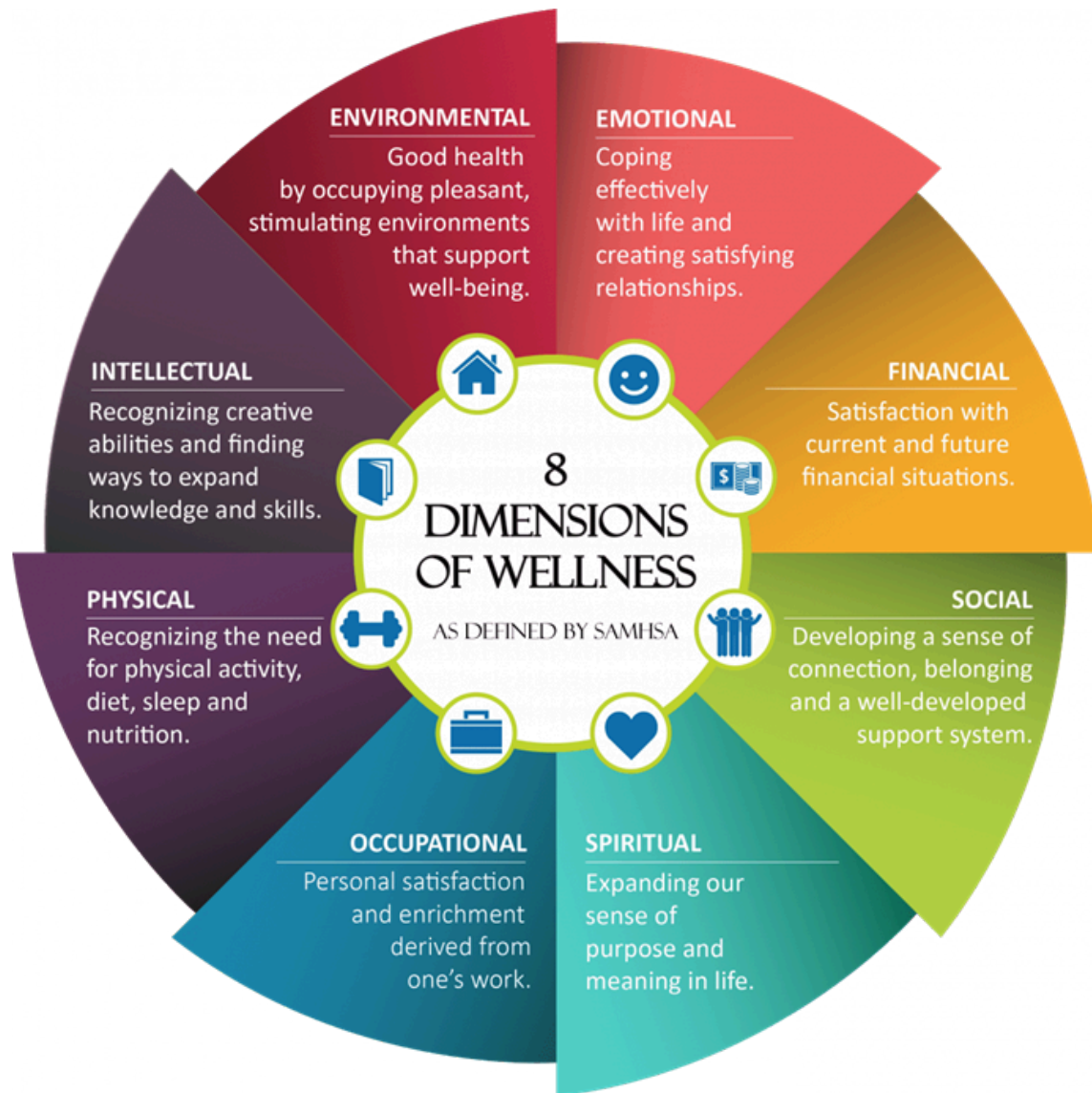
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The Wellness Wheel

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!



We are dedicating this month to learning about....

Social Connection & Gratitude

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

November 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

November 9th & 23rd
11am-12pm



Telling Your Story

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

In-person / Zoom

November 4th & 18th
1pm-3pm



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!



November 19th
11am-12pm



Check the next page for the location of the **SERENITY STEPS** group in November!

BAMPFA

**Berkeley Art Museum and
Pacific Film Archive**



Serenity Steps Walking Group

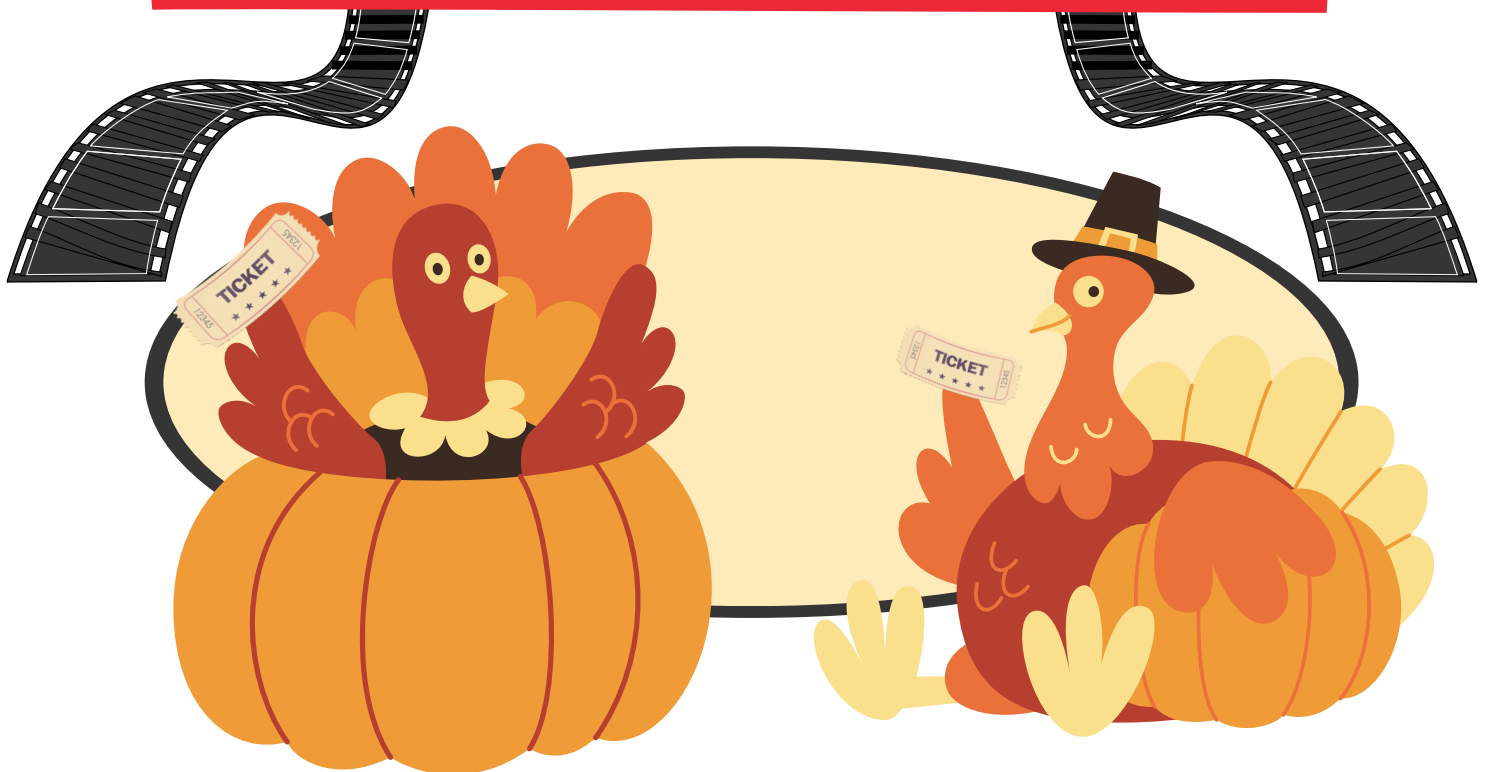
**Thursday, November 5th
11am - 12:15pm**

**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!



**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
wellnessrecoveryteam@berkeleyca.gov**

NOW SHOWING
11/20 @ 1:00PM



Ratatouille (2007) - 1 HR & 51 MIN

In one of Paris' finest restaurants, Remy, a determined young rat, dreams of becoming a renowned French chef. Torn between his family's wishes and his true calling, Remy and his pal Linguini set in motion a hilarious chain of events that turns the City of Lights upside down.

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



Days of Celebration & Acknowledgement



Veteran's Day (Nov. 11th)

Celebrated in honor of the military veterans of the United States Armed Forces.



World Kindness Day (Nov. 13th)

The purpose of this day is to help everyone understand that compassion for others is what binds us all together.



National Recycling Day (Nov. 15th)

The day is all about recycling – how to recycle, which recycled products to buy, and how to reduce waste.



National Native American Heritage Month (All November)

The month is a time to celebrate rich and diverse cultures, traditions, and histories and to acknowledge the important contributions of Native people. Heritage Month is also an opportune time to educate the general public about tribes, to raise a general awareness about the unique challenges Native people have faced both historically and in the present, and the ways in which tribal citizens have worked to conquer these challenges.

National Candy Day - Nov. 4th



Whether they're hard, chewy, fruit flavored, or a "melt in your mouth not in your hand" sort of treat, candy has been a consistent source of happiness and, as we get older, nostalgia.



Art Museum Day - Nov. 9th

Take a stroll through an art museum - you never know what may interest you. There are many different art museums within Berkeley, and throughout the surrounding bay area to explore!







Gratitude: More Than Saying Thank You

Gratitude is more than a feeling or a simple expression of thanks. It is a way of recognizing and appreciating the kindness, generosity, and support we receive from others, as well as the positive moments in our everyday lives.

Gratitude can be expressed in different ways such as words of appreciation, acts of kindness, and meaningful gestures that consider another person's needs and feelings. Practicing gratitude can support emotional well-being, reduce stress, strengthen relationships, and encourage a more positive outlook on life.

Gratitude does not mean ignoring life's challenges. Instead, it helps us recognize moments of goodness and connection, even during difficult times.

A Moment for Reflection

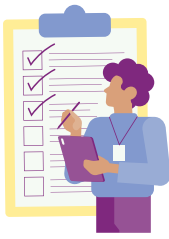
How can I express gratitude today in a way that is meaningful to someone else?



Remember:

Sometimes the most meaningful expression of gratitude is not what we say, but what we do.





Checking In With Yourself

Checking in with yourself before socializing helps you recognize your current mental, emotional, and physical capacity. It allows you to set healthy boundaries, pace your energy, and prevent overwhelm or distress.

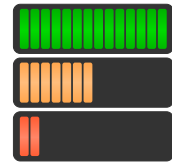
By honoring how you feel in the moment, you can create SAFER and more positive social experiences.

Ask yourself these questions...

- How am I feeling mentally and physically right now?



- Do I have the energy to be around others?



- What support might I need before or after socializing?



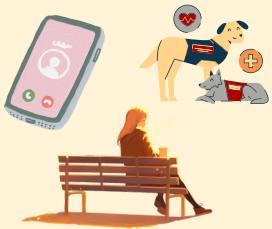
- How can I get back to the present if I start feeling overwhelmed?

Connecting at Your Own Pace

Social connection is vital for everyone, but it's not always easy to know where to start.

These ideas offer simple ways to build comfortable and meaningful connections with others and within yourself.

GENTLE CONNECTION



- **Observant Participation**: Attend an online event or support group just to listen, without feeling pressured to talk, or sit in a public space (park, café, library, etc.) to be around others, even without engaging.
- **Text-Based Contact**: Communicate with trusted friends via text, messaging apps, or journaling exchanges if face-to-face feels hard.
- **Animal Companionship**: Pets or therapy animals can be a bridge to comfort.

SUPPORTIVE CONNECTION



- **Small, Structured Groups**: Volunteer at a shelter or community garden. Join a book club, support group, gentle movement group, or art class with a set routine and facilitator - similar to the **Hopeful Hearts** group!
- **Peer Support Programs**: Connect with peers with similar lived experience in a safe environment who can provide understanding and companionship, such as the **Emotional Wellness Circle** .
- **Online Voice or Video Chats**: Schedule virtual check-ins with a trusted friend or support group.

ACTIVE CONNECTION



- **Join a Club or Community Outing Group**: Based on your interests – cooking, walking (**Serenity Steps** group), gaming, crafts, advocacy, etc.
- **Attend Peer-Led Recovery Groups**: Such as the **Wellness Through Passion** group, or local community mental health meetups.
- **Mentorship or Advocacy**: “**Telling Your Story**” by sharing your experience to help others can build powerful bonds and self-worth.

The "5-4-3-2-1"

Grounding method

The 5-4-3-2-1 method helps ground you by focusing on your senses; sight, touch, sound, smell, and taste. It shifts attention away from stress, calms the mind, and improves mental well-being by anchoring you to the present moment.

This can be helpful when preparing to navigate different social settings.



Graphic provided by LifeSpring Health Systems
www.LifeSpringHealthSystems.org

An Attitude of Gratitude

We often think of the things to be grateful for as material items or the many people around us, but that is only one small part.

Here are some examples of expressing gratitude for the small things that are in and around us each day.

Encourage noticing one small thing each day

- “I had a warm drink,”
- “someone smiled at me”
- “I made it through today”



Visual or Creative Gratitude

- Taking a photo each day of something that brings even a small sense of calm or meaning.



Shared or Peer-Based Gratitude

- Hearing others' gratitude can model ways of noticing good moments without feeling pressure to perform positivity.

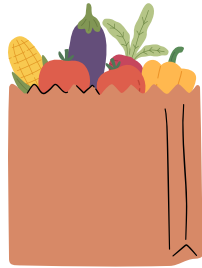


Normalize gratitude to coexist with our struggles to acknowledge our humanity.

We can feel both things at the same time, and it's normal!

- “You can feel grateful and still struggle with a goal.”





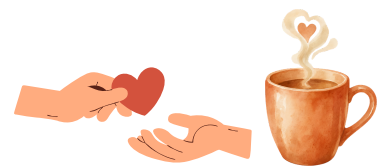
What's **GROW** NG On in November?

Check your local supermarkets, foodbanks, and produce stands for these nutritious and delicious food items!





Healthy Habits to Cultivate Gratitude



Gratitude is not about ignoring difficulties or forcing ourselves to feel positive. It is about learning to recognize moments of goodness, connection, strength, and meaning, even when life is challenging.

- Begin your day with gratitude. Before getting out of bed, think of one thing you appreciate about your life.
- Keep a gratitude journal. Write down three things you are grateful for each day, including small, ordinary experiences.
- Notice the little things. Appreciate a warm cup of tea, a smile, a comfortable chair, or a moment of quiet. 
- Express appreciation to others. Make a habit of saying thank you and letting people know how they positively impact your life.
- Practice mindful breathing. Take a few slow breaths and appreciate the present moment without needing to change anything.
- Spend time in nature. Notice the beauty of trees, flowers, sunlight, birds, and the changing seasons. 
- Recognize your personal strengths. Acknowledge your efforts, resilience, kindness, and accomplishments, even the small ones. 
- Practice gratitude for your body. Appreciate what your body allows you to experience and do, while honoring its limitations and needs.
- Turn comparison into appreciation. Instead of focusing on what others have, recognize what is meaningful and valuable in your own life.
- Create moments of connection. Spend quality time with people who bring kindness, encouragement, and belonging into your life.
- Practice acts of kindness. Offer a helping hand, share a compliment, or do something thoughtful without expecting anything in return.
- Savor positive experiences. When something pleasant happens, slow down and allow yourself to enjoy it.
- Appreciate what you already have. Notice the resources, relationships, opportunities, and comforts that support your daily life.





BERKELEY POCC & BERKELEY MENTAL HEALTH PRESENTS

SELF-CARE: FILL YOUR CUP



**LOCATION: BERKELEY MENTAL HEALTH
2640 MLK JR. WAY
BERKELEY, CA 94702**

DATE: WEDNESDAY, NOVEMBER 4

TIME: 10:00AM - 12:00PM

**REFRESHMENTS AND PRIZES
WILL BE PROVIDED!**

**SHOW YOURSELF
SOME LOVE!**

**COME AND LEARN
WAYS TO BE KIND TO
YOUR MIND AND HOW
TO FILL YOUR CUP
FIRST**

**CONTACT
JAMIE WORKS-WRIGHT
JWORKS-WRIGHT@BERKELEYCA.GOV
510-423-8365**



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

**Berkeley Mental Health
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Way
Berkeley, CA 94704**

