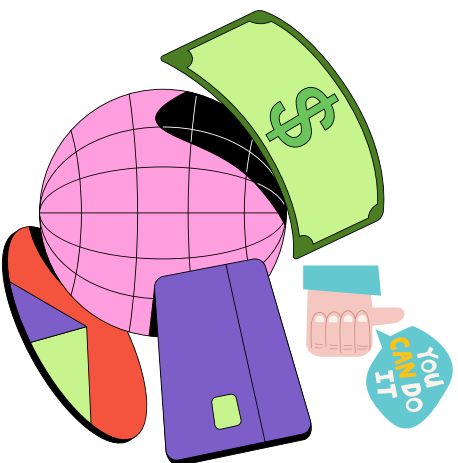


September



Scan for our newsletter!



Dimension of Focus: **Financial Wellness**

The process in which we gain satisfaction within our current and future financial situations

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
wellnesssrecoveryteam@berkeleyca.gov

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 WE'RE CLOSED HAPPY LABOR DAY!	1	2	3	4 Serenity Steps Lacis Museum of Lace and Textiles 1pm–2:15pm
8 Hopeful Hearts 1:30pm–2:30pm	9 B-POCC Meeting 10am–12pm Telling Your Story 1pm–3pm	10 Wellness Through Passion 11am–12pm	11	
14 Emotional Wellness Circle 11am–12pm	15	16 Telling Your Story 1pm–3pm	17 Wellness Through Passion 11am–12pm	18
21	22 Hopeful Hearts 1:30pm–2:30pm	23	24	25 Ice Cream Mixer San Pablo Park 11am–1pm ICE CREAM
28 Emotional Wellness Circle 11am–12pm	29 Serenity Steps Strawberry Creek Park 11am–12:15pm	30 Cinema Therapy 1pm–3pm		



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=cGp3MTl5c0NkcFESElSUCjUzM25ZzQ9>

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.



Wellness Recovery Newsletter



It still feels like summer, but the autumn season is right around the corner!

IN THIS ISSUE

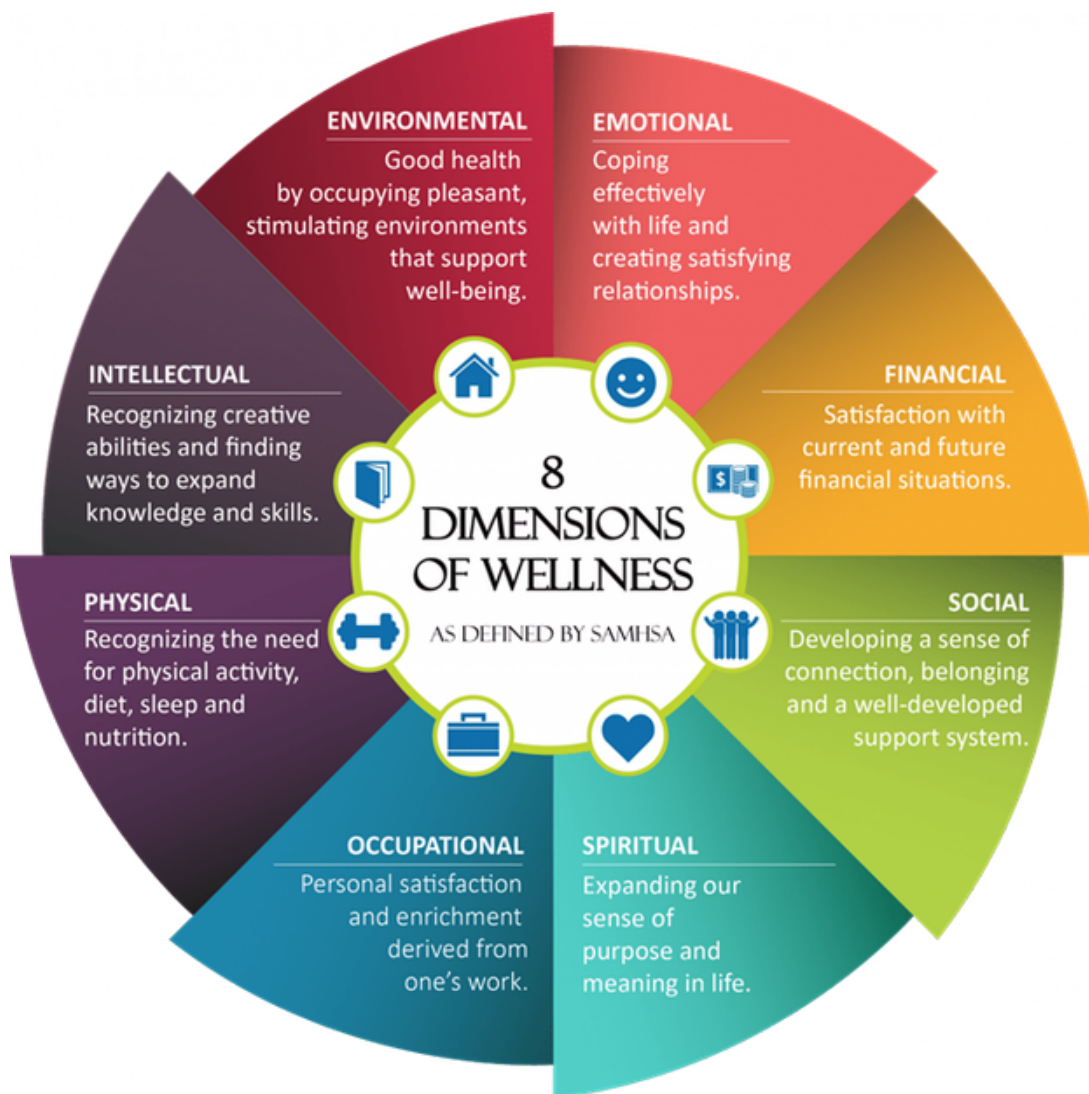
- 1 – The Wellness Wheel : **Financial Wellness****
- 2 – Group Schedule**
- 3 – Serenity Steps : Lacis Museum of Lace and Textiles**
- 4 – Cinema Therapy : September 30th**
- 6 – September Days of Celebration and Acknowledgement**
- 7 – Suicide Prevention Awareness Month**
- 8 – National Recovery Month**
- 9 – Financial Wellness Word Search**
- 10 – Saving For a Rainy (Or Sunny) Day**
- 11 – Monthly Budget Planner**
- 12 – Healthy Habits for Financial Wellness**
- 13 – What's GROWING On?**
- 14 – "I'm Wealthy" Coloring Page**
- 15 – Ice Cream Wellness Mixer : September 25th**
- 16 – POCC Annual BBQ : September 11th**
- 18 – Other Community Resources**
- 19 – Contact Us!**

The Wellness Wheel

The Wellness Wheel is a tool and visual guide that helps assess all aspects of your wellness. Each area highlights a different factor of wellness, which are 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.

This month, we are highlighting the **FINANCIAL dimension of wellness, which describes the process in which we can gain a level of satisfaction within our current and future financial situations**



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, Sept 8th & 22nd
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, Sept 14th & 28th
11am-12pm



Telling Your Story

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

In-person / Zoom

Wed, Sept 9th & 16th
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 Kennell (510-708-6499) to RSVP and get the exact location.



Tues, Sept 29th | Strawberry Creek Park | 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!



Thurs, Sept 10th & 17th
11am-12pm



Serenity Steps Walking Group

Lacis Museum of Lace and Textiles



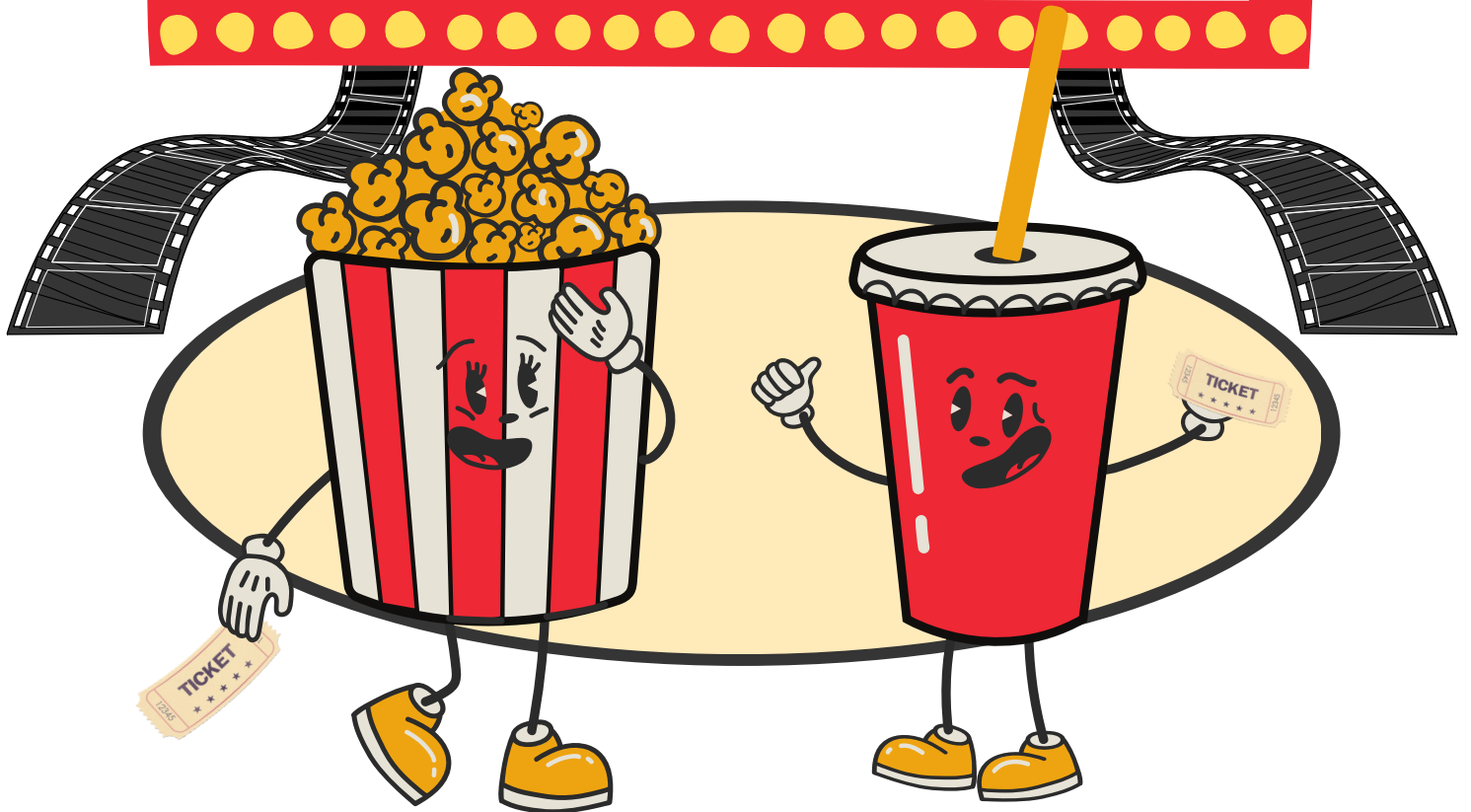
**Friday, September 4th
1pm-2:15pm
2982 Adeline Street
Berkeley, CA 94703**

Join us for a free tour of Lacis Museum of Lace and Textiles!

**Learn about the rich history of textiles and dress, and enjoy
what the store and museum has to offer!**

We will meet outside of the store front @ 12:50pm.

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
9/30 @ 1:00PM



The Sheep Detectives (2026) 1hrs & 49mins

George Hardy is a shepherd who loves to read murder mysteries to his sheep, never suspecting that they can understand him. When George is found dead under mysterious circumstances, the sheep decide to solve the crime themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books

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

September

Upcoming days of celebration and acknowledgement



National Food Bank Day (9/4)

Food insecurity is a continuing problem in our global community. This day is to honor the workers, volunteers, food bank charities, and consumers equally that make sure everyone has access to food for themselves and families.



Labor Day (9/7)

This day celebrates the women and men who campaigned for workers' rights in the labor movement of the late 19th century.



World Literacy Day (9/8)

Observed to show the importance of literacy for individuals, communities, and societies, as well as the necessity for increased efforts toward a more literate world, in general.



National Video Games Day (9/12)

Whether old or new school, dust off that controller or download your favorite mobile game and spend time with your inner child.

National Coloring Day (9/14)

Get creative with paper and crayons, colored pencils and markers, or pastels and paint to let your imagination fly into a colorful world and brighten up your day!



National Relaxation Day (9/15)

Sloowww down and unwind. It's a day to focus on taking care of ourselves and take a moment to relax.

National Dance Day (9/19)

Turn up the volume and move your bodies. Dancing is a great way to express ourselves and connect with our emotions.



Fall Equinox (9/22)

Because of the Earth's rotation around the sun, its tilt during this time allows us to receive almost an equal amount of daylight and darkness. It also signifies the start of the fall season.

National Cooking Day (9/25)

Gather your favorite ingredient and cook yourself or a loved one a great meal. Cooking can be a therapeutic tool for self-regulation.





September is Suicide Prevention Awareness Month; a time to raise awareness, promote hope, and normalize seeking help when experiencing mental health challenges. Suicide affects millions of people every year, yet too many struggle in silence. Whether you're facing challenges, supporting a friend or loved one, or are looking to help, your voice matters.



This month is dedicated to recognizing the warning signs for suicide, encouraging open conversations about mental health, and connecting people to proven treatment and resources. When we stand together in strength and dignity, hope and purpose, we can make a difference and we can help save lives.

Infographic provided by SAMHSA
<https://www.samhsa.gov/resource/988/adult-suicide-warning-signs-social-media-series>



September 2026

Recovery is transforming lives in every community across America. Through the Great American Recovery, SAMHSA is working alongside states, tribes, territories, local governments, faith organizations, employers, families, recovery community organizations, treatment providers, and people with lived experience to strengthen the systems that make recovery possible for everyone.



National Recovery Month is an opportunity to celebrate that progress, recognize those who make recovery possible, and invite every American to be part of building recovery-ready communities.

Infographic provided by SAMHSA
<https://www.samhsa.gov/about/digital-toolkits/recovery-month>

FINANCIAL WELLNESS WORD SEARCH



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

financial	expenses	spending	earning
deposit	payment	budget	future
saving	cost		



Saving for a rainy (or sunny) day!

There's no other way to say it; money is tight for a lot of us! But, there are ways to create an action plan towards any financial wellness goal.

Here are some money saving tips and tricks that can be beneficial for you or someone who know.

Not everything may apply, so remember to do what's best for your situation.



- Create a budgeting journal that tracks your income from your work paycheck, unemployment, or SSI/SSDI payment.
- Identify and prioritize your essential expenses such as rent/mortgage, utilities, food, transportation, and healthcare costs.
- Highlight important due dates to stay ahead and maintain your financial independence.
- Review daily to ensure accuracy and analyze spending habits.

- Use coupons to save money and gain discounts on regular priced items such as food, clothing, and other necessary goods.
- If applicable, use your smart phone to download your frequently shopped store apps to continue the savings!
- Utilize local food banks, community kitchens, and wellness centers to gain access to discounted and free food items.



- No amount of money saved is too small. From pennies to dollars - it all adds up. Get a jar and start searching in those cushions!
- Look for banks or credit unions that offer secured or no-fee accounts with low or no maintenance fees.
- Choose direct deposit for income payments to ensure your funds are deposited quickly, securely, and promptly into your account.

MONTHLY BUDGET PLANNER

Use this as a helpful tool to manage your money and spending habits each month!

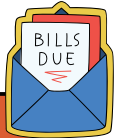
MONTH _____

Money Coming In



Name	Amount
Paycheck/Work Check	\$
SSI/SSDI/Benefits	\$
Other	\$
TOTAL INCOME	
\$	

Bills & Necessities



Description	Amount
Rent/Housing	\$
Utilities	\$
Phone	\$
Food/Groceries	\$
Transportation (Car/BART/Bus/LYFT & Uber)	\$
Medical	\$
Other	\$
TOTAL OF EXPENSES	
\$	

Recap of the Month



How Much Was Spent?	How Much Was Saved?
\$	\$

Notes for Next Month



Healthy Habits for Financial Wellness



- Make a plan for your money before benefit or payday arrives.
- Take care of basic needs before spending on extras when possible.
- Write down regular expenses so they are easier to remember.
- Use food banks to help stretch grocery money and food benefits.
- Ask about free or reduced cost phone programs if you qualify.
- Use clothing closets before spending money on clothing when appropriate.
- Create a simple monthly budget using the income you actually have, not the income you wish you had.
- Subtract essential expenses from your available income to see what is left.
- Ask about medication assistance instead of simply going without.
- Use libraries for free internet and computer access.
- Practice saying no when someone asks for money you need for yourself.
- Write due dates next to bills so you know which expenses come first.
- Look for free community events instead of assuming recreation requires money.
- Contact utility-assistance programs before service is disconnected when possible.
- Handle the most urgent need first instead of trying to solve everything at once.
- Avoid shopping when you know you are more likely to spend impulsively.
- Keep a personal resource list so you know where to turn during difficult times.
- Create a “needs first” list before receiving your monthly income.
- Create a separate “would like” list for things that can wait.
- Give yourself time to think before making an unplanned purchase.
- Ask for help before financial stress becomes overwhelming.
- Treat budgeting as a skill you are practicing, not a test you can fail.





What's **GROWING** On in September?

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



APPLES



BEETS



BELL PEPPERS



BLACKBERRIES



BRUSSELS SPROUTS



CARROTS



CAULIFLOWER



CORN



CUCUMBERS



EGGPLANT



FIGS



GRAPES



GREEN BEANS



MELONS



PEACHES



PEARS



PERSIMMONS



PLUMS



POTATOES



PUMPKINS



RADISHES



RASPBERRIES



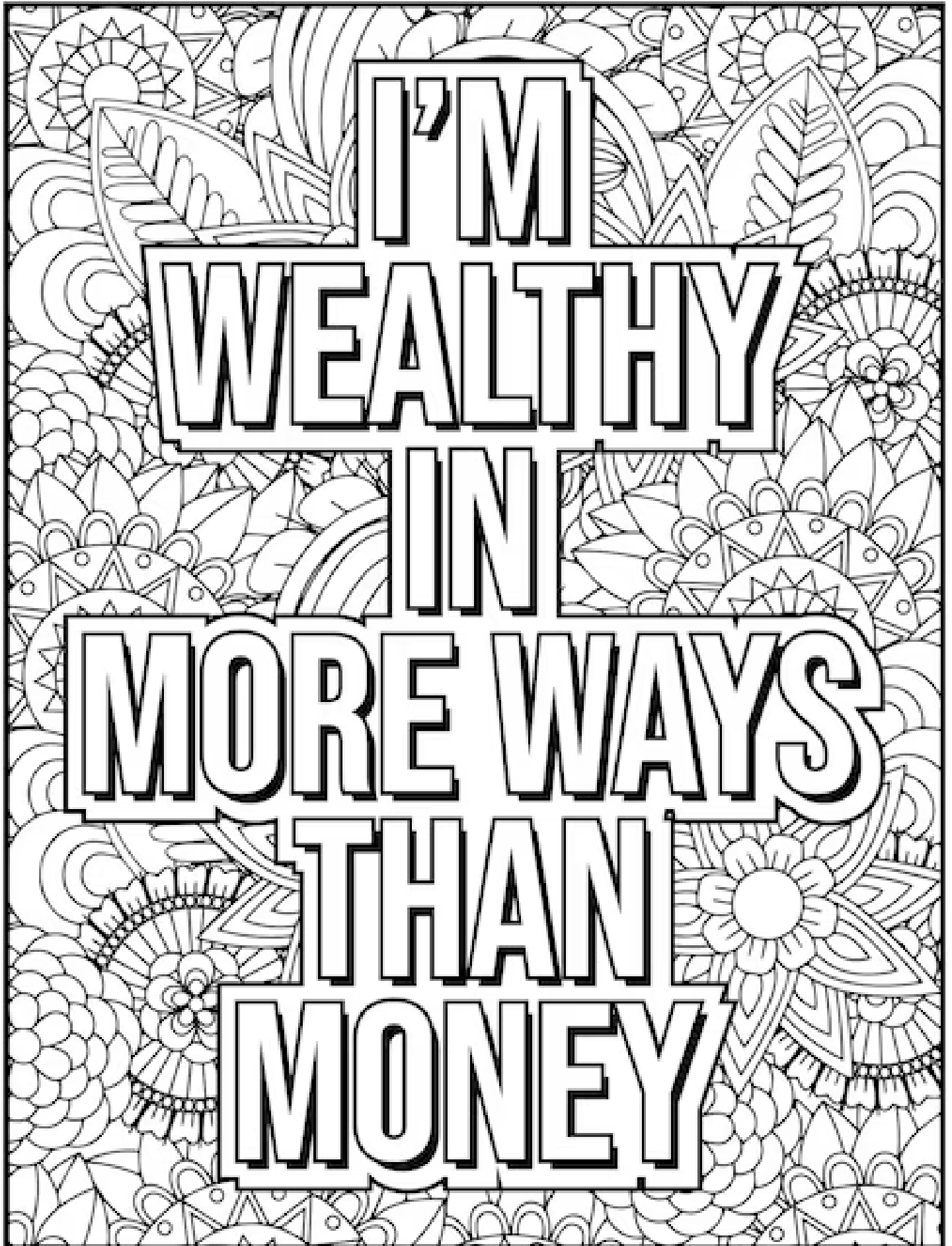
SWEET POTATOES



WINTER SQUASH



ZUCCHINI





ICE Wellness Recovery CREAM "Mixer"



SCAN TO RSVP!



**YOU SCREAM, I SCREAM...
WE ALL SCREAM FOR ICE CREAM!**



FRIDAY, SEPT 25TH 11 - 1 PM
FRANCES ALBRIER COMMUNITY CENTER
SAN PABLO PARK 2800 PARK ST. BERKELEY
**JOIN US FOR SOCIAL CONNECTION, GAMES,
& CONVERSATIONS WITH ICE CREAM**

LUNCH WILL NOT BE PROVIDED

RSVP @ WELLNESSRECOVERYTEAM@BERKELEYCA.GOV



BERKELEY MENTAL HEALTH-WELLNESS RECOVERY TEAM



ACBHD / Office of Peer Support Services presents

POCC ANNUAL BBQ

Join Us!



Music, games, raffles, & much more!

Fri, Sept. 11th | 11am-3:30pm

San Leandro Marina (Seagull Area)

14001 Monarch Bay Dr.

San Leandro, CA 94577



Directions to the San Leandro Marina



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
2640 Martin Luther King Jr. Way
Berkeley, CA 94704
510-981-5290**

