Dimension of Focus:
Intellectual Wellness

Recognizing your creative abilities and finding new ways to expand your knowledge and skills.

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

Wellness Recovery at Berkeley Mental Health

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5 Emotional Wellness Circle 11am-12pm	6 Hopeful Hearts 1:30pm-2:30pm	7 Telling Your Story 1pm-3pm	8	9
12 	13	14 B-POCC Meeting 10am-12pm Telling Your Story 1pm-3pm	15	16 Serenity Steps Live Oak Park & Berkeley Art Center 1pm-2pm
19 Emotional Wellness Circle 11am-12pm	20 Hopeful Hearts 1:30pm-2:30pm	21	22 Wellness Through Passion 11am-12pm	23
26	27	28 Cinema Therapy 1pm-3pm	29 Wellness Through Passion 11am-12pm	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 int heir 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=cGp3M1l5cONkcnFESEI5UGJuM25zZz09

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 — *October 2026*

WELLNESS RECOVERY TEAM

NEWSLETTER

All treats and no tricks as we move toward the Fall season!

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 - The Wellness Wheel : Intellectual Wellness
2 - Group Schedule
3 - Cinema Therapy : October 28th
5 - October Days of Acknowledgement & Celebration
7 - Latino's Heritage Month: October 2026
9 - Dia de los Muertos : Oct.31st - Nov.2nd
10 - La Catrina Coloring Page
11 - Your Guide to "Everyday Learning"
12 - Life Long Learner Word Search
13 - Healthy Habits for Intellectual Wellness
14 - What's GROWING On?
15 - 2027 Calendar Submissions : NOW ACCEPTING!
16 - Other Community Resources
17 - Contact Us!

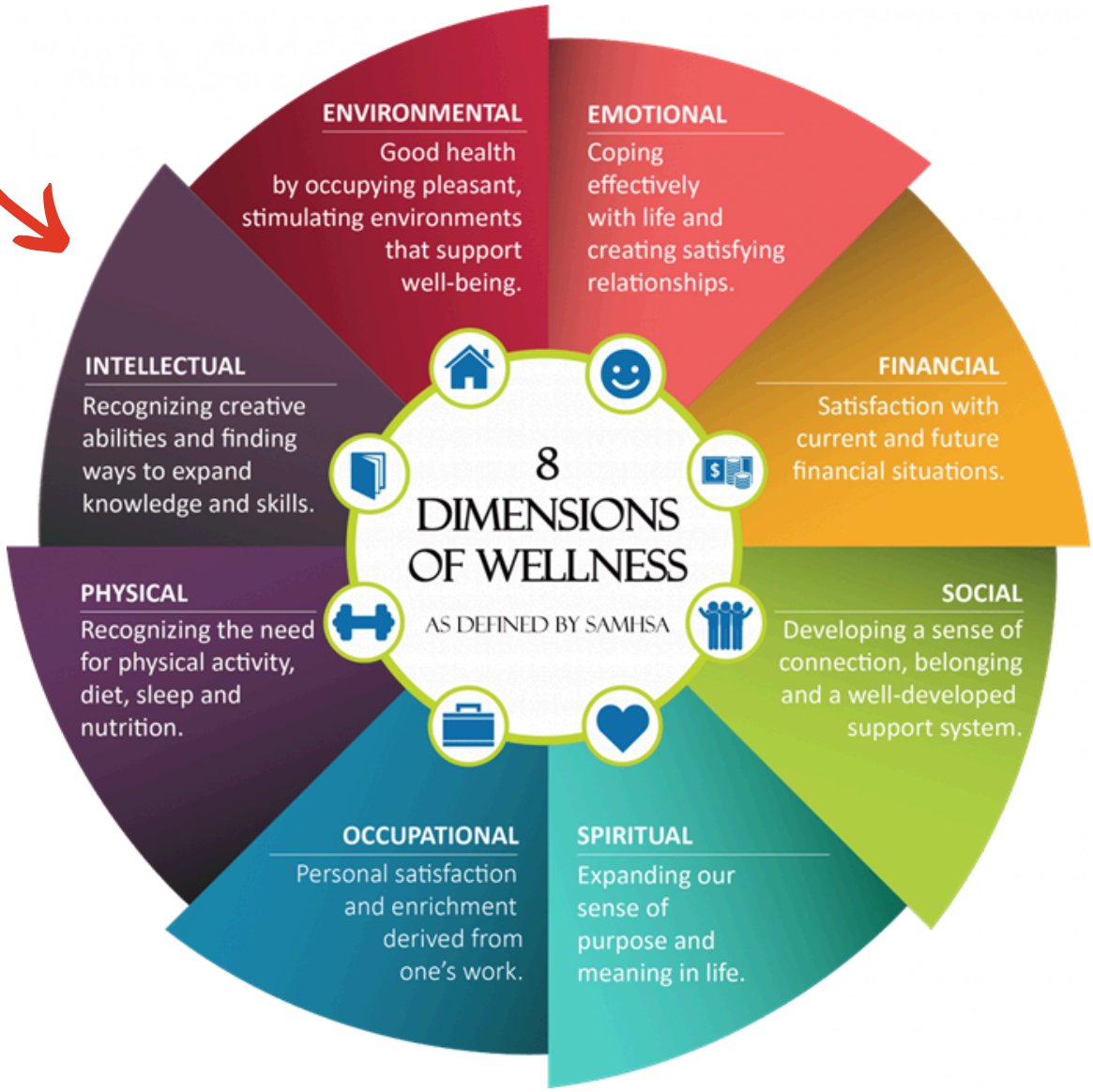
The Wellness Wheel

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 focusing on the INTELLECTUAL portion of the wheel.

Intellectual Wellness describes the ways in which we recognize our creative abilities and seek to find new ways to expand our knowledge and 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

Tues, October 6th & 20th
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, October 5th & 19th
11am - 12pm

Telling Your Story

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

In-person / Zoom

Wed, October 7th & 14th
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.

Fri, October 16th | Live Oak/Berkeley Art Center | 1pm - 2pm

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!

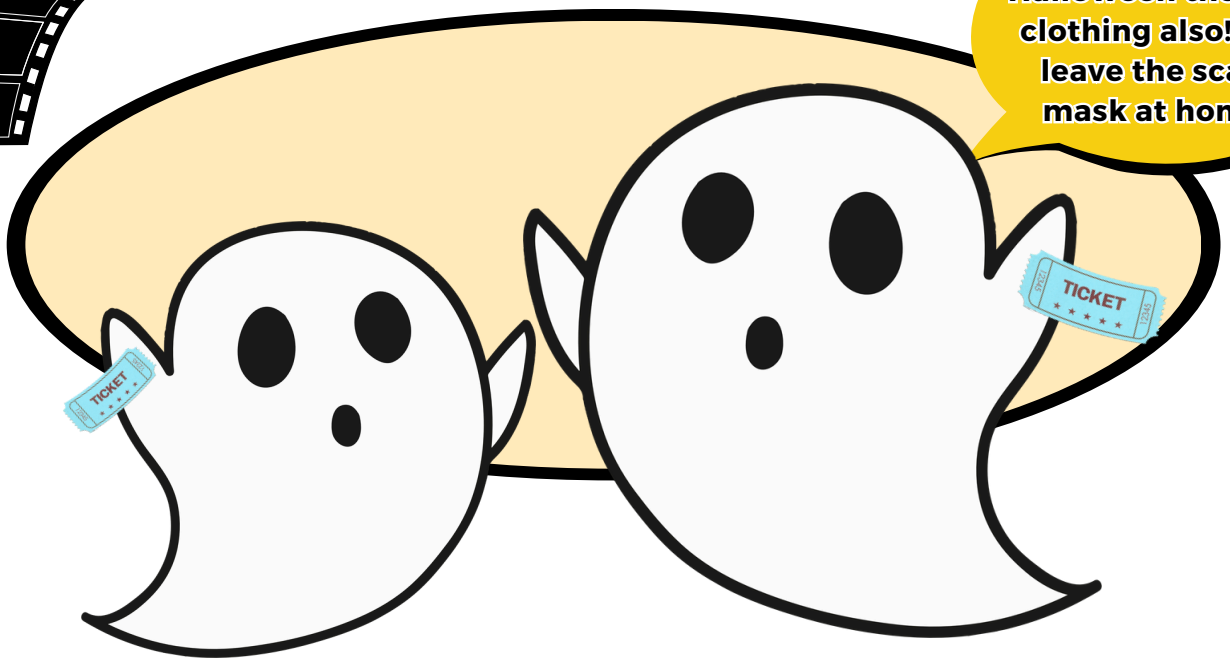
Thurs, October 22nd & 29th
11am - 12pm

WELLNESS RECOVERY TEAM PRESENTS...

CINEMA THERAPY

AT THE BERKELEY MENTAL HEALTH CLINIC

If you can, wear Halloween themed clothing also! But leave the scary mask at home!



Come in to watch fun and engaging films, enjoy movie snacks, and participate in wellness discussions with your peers.

contact to RSVP and for more info

510-708-6499

wellnessrecoveryteam@berkeleyca.gov

NOW SHOWING

WED 10/28 @ 1:00PM

Workaholic real estate agent Jim Evers is accused by his wife, Sara, of neglecting his children, so he takes the family on a vacation. Along the way, the family stops off at a sinister mansion that Jim has been asked to sell, only to discover it's haunted by Master Gracey, his stern butler, Ramsley, and two other servants who need some help breaking a curse.

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

October

Days of Acknowledgement and Celebration

World Animal Day - Oct 4th
This day unites the animal welfare movement, mobilizing it into a global force to make the world a better place for all animals

Nat'l "Do Something Nice Day" - Oct 5th
Just as the title states; do something nice for someone. When you do good, you feel good.

Forgiveness & Happiness Day - Oct 7th
Fill your heart with love and practice the art of forgiveness - it may be the best decision you have made all year!

Nat'l Depression Screening Day - Oct 8th
Celebrated to spread awareness of signs, help people get an informed diagnoses, and provide support to those that need it the most.

World Mental Health Day - Oct 10th
An international day for global mental health education, awareness and advocacy against social stigma.

National Black Girl Day Off - Oct 11th
Created to honor, empower, and recognize the achievements of Black women around the world.

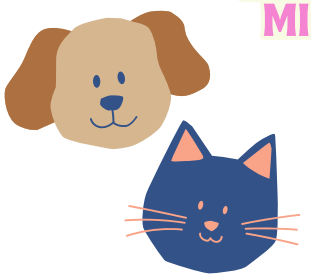
Indigenous Peoples' Day - Oct 12th
Honors the histories, cultures, and perspectives of Indigenous peoples and their ancestors who lived on the land now known as North America.

Black Poetry Day - Oct 17th
Honoring the first Black published poets, Phillis Wheatley and Jupiter Hammond. Celebrated to commemorate the art of poetry through the eyes of Black authors.

National Nut Day - Oct 22nd
Nuts are a quick and easy snack, and can provide a multitude of health benefits. Enjoy some of your favorites on this day.

International Artist Day - Oct 25th
Through this celebration we show our respect for the passion and creativity in all artists.

Halloween - Oct 31st
Less tricks and more treats. Enjoy spooky season with your favorite candy or watch a fun movie.



October Awareness Month Events

6

A few more important days of acknowledgement happening this month.

Breast Cancer Awareness Month

Started as National Breast Cancer Awareness Month (NBCAM) in October of 1985 - this was a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries to promote mammograms as the most effective tool to fight breast cancer.

LGBT History Month

LGBT History Month is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. It was founded in 1994 by Missouri high-school history teacher Rodney Wilson.

National Depression and Mental Health Screening Month

Honored to bring awareness to the need for depression awareness and the need for accessible and affordable mental health screenings. A number of different factors can come into play with depression that can include a mix of environmental, genetic, psychological, and biological / biochemical components.

LATINO'S HERITAGE MONTH

Berkeley's Latino heritage is a story of many peoples, migrations, languages, and traditions. Our community reflects the richness of Latin America and the Caribbean. Our community has roots across...

🇲🇽 Mexico & Chicano/a Communities — Deep California roots and important contributions to labor, civil rights, education, arts, and community organizing. Cultural traditions include Día de los Muertos, mural art, tamales, mole, pozole, and pan dulce.

🌎 Central America — Salvadoran, Guatemalan, Honduran, Nicaraguan, and other communities bring traditions such as pupusas, tamales, marimba music, Indigenous textiles, dance, storytelling, and strong family and community traditions.

🌎 South America — Chilean, Argentine, Peruvian, Colombian, Venezuelan, Ecuadorian, Bolivian, and other communities contribute traditions including tango, cumbia, vallenato, Andean music, mate, weaving, dance, and diverse culinary traditions. Berkeley has a particularly important connection to Chilean exile and Latin American cultural movements through **La Peña Cultural Center**, founded in Berkeley in 1975.

🇧🇷 Brazil — A reminder that Latino does not always mean Hispanic or Spanish-speaking. Brazilian culture reflects Indigenous, African, and European influences through Portuguese language, samba, capoeira, forró, percussion, dance, and food. Berkeley is home to Berkeley Capoeira on San Pablo Avenue, where capoeira is taught as an Afro-Brazilian art combining movement, music, history, and culture.

🏝️ The Caribbean — Puerto Rican, Cuban, Dominican, and other Caribbean communities bring bomba, plena, son, rumba, merengue, bachata, salsa, drumming, dance, food, and rich Afro-Caribbean traditions.

Many Paths to Berkeley

People have come to Berkeley from Latin America and the Caribbean for work, family, education, political exile, refuge, and new opportunities. UC Berkeley has also created important connections with Latin America through generations of students, scholars, researchers, artists, and educators. Its Center for Latin American & Caribbean Studies continues to connect the university and broader community with Latin America and the Caribbean.

The Story Continues

Newer immigrants continue to shape Berkeley as workers, caregivers, parents, students, educators, artists, entrepreneurs, organizers, and professionals.

Latino Heritage Month is a time to celebrate the many cultures, histories, and everyday contributions that continue to make Berkeley a vibrant and diverse community.

LATINO'S HERITAGE MONTH 8

Test Your Latino Berkeley Knowledge

1. Which statement best describes Latino Berkeley?
   A. It represents mainly one country and culture
   B. It refers only to Spanish-speaking communities
   C. It refers mainly to recent immigrants
   D. It includes many cultures, languages, and migration stories

2. Why is Brazil an important part of understanding Latino diversity?
   A. It is the only South American culture represented in Berkeley
   B. It shows that Latino does not always mean Spanish-speaking
   C. It represents primarily Caribbean traditions
   D. It has the same cultural traditions as Mexico

3. Which Berkeley institution has attracted Latin American students, scholars, researchers, faculty, and professionals?
   A. UC Berkeley
   B. La Peña
   C. Capoeira Angola
   D. Son Jarocho

Answer Key:
1.) D 2.) B 3.) A

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Día de los Muertos

Día de los Muertos (Day of the Dead) is a traditional Mexican holiday celebrated from October 31st to November 2nd celebreated to honor and remember deceased loved ones by welcoming their spirits back to the physical world.

Though rooted in pre-Hispanic indigenous rituals, it has merged with Catholic traditions over time and continues to be an important part of connection, family, and joy within communities and households all over the world.

October 31st:
Setting up for the Spirits

For 24hrs, this time is spent creating alters for the children who left us too soon. Families begin setting up and preparing for their spirits' return with small toys and sweet treats placed onto the altar.

November 1st:
Día de los Inocentes
(Day of the Innocents)

Dedicated to the souls of those children, families decorate graves and altars with colorful items, candies, and playful offerings to celebrate their young loved ones and make sure they are well taken care of.

November 2nd:
Día de los Fieles Difuntos
(All Souls' Day)

This day honors the souls of adults. Families gather at grave sites and within their communities worldwide bringing food, music, and other gifts to celebrate and remember the lives of their ancestors

La Catrina

LEARNING EVERYDAY

Lifelong learning is something we can do to boost our mental well-being, foster a sense of purpose, maintain curiosity about the world, and stay resilient in the face of life's challenges. Here are some examples of ways to keep our brains active and engaged!

- **Creative Hobbies – Engaging in low-pressure activities like drawing, journaling, painting, photography, or crafting can be therapeutic and a way to build skills through play.**
- **Community Workshops or Libraries – Local libraries and community centers often host free or low-cost skill-building sessions—from writing to cooking to digital literacy.**
- **Peer Support Groups – Join groups (in person or online) that combine mental health support with creative outlets like storytelling, art, or music.**
- **Volunteering Opportunities – Volunteering your time at an organization within your interest range like helping at an animal shelter can build confidence and teach new skills in a supportive setting.**
- **Adult Education Programs – Many cities offer adult learning or continuing education classes that are inclusive, low-cost, and often designed with accessibility in mind.**
- **Guided Video Tutorials – Whether it's learning to bake bread, play guitar, or code, video tutorials make complex skills feel more approachable.**
- **Mindful Learning Practices – Pairing learning with mindfulness (like taking a quiet walk while listening to an educational podcast) allows for growth without feeling overwhelmed.**
- **Creative Journaling or Idea Notebook – Even jotting down ideas, doodles, or small goals regularly can spark creative thinking and track personal growth over time.**

No matter the approach, the key is to start small, be kind to yourself, and let curiosity and fun lead the way.

Lifelong Learner Word Search

12

No matter what your age is, there is always something new to learn!

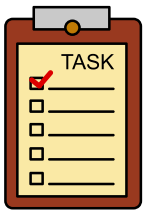
H	T	A	C	T	I	L	E	T	P	N	E	A	G
T	O	T	Y	S	F	F	I	N	A	N	C	E	S
N	M	R	G	N	O	I	T	A	C	U	D	E	P
E	I	A	O	L	S	A	G	R	O	W	T	H	I
M	N	U	L	A	O	E	M	O	T	I	O	N	S
E	D	D	O	N	Y	T	I	S	O	I	R	U	C
V	F	I	N	G	S	L	A	U	S	I	V	T	T
O	U	T	H	U	S	E	S	I	C	R	E	X	E
R	L	O	C	A	E	Y	L	S	H	T	A	M	T
P	N	R	E	G	N	S	O	B	R	I	E	T	Y
M	E	Y	T	E	L	I	P	A	S	S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

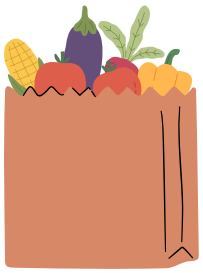
VISUAL
IMPROVEMENT
SOBRIETY
GROWTH
TECHNOLOGY
TACTILE
WELLNESS
LANGUAGES
MINDFULNESS
EMOTIONS
AUDITORY
FINANCES
INTELLIGENCE
CURIOSITY
PASSION
EXERCISE
STRENGTH
EDUCATION
COOKING
MATH
ART

For an added challenge, try and time yourself to see how quickly you can find them all!

Healthy Habits for Intellectual Wellness

- Ask questions about things you do not understand.
- Attend a peer-support group where people exchange ideas and experiences.
- Explore a topic you have always been curious about.
- Read for ten minutes a day.
- Get a free library card.
- Visit your local library and explore the shelves.
- Try an audiobook if reading feels difficult.
- Keep important items in the same place whenever possible.
- Write things down instead of expecting yourself to remember everything.
- Break large tasks into smaller steps.
- Set a timer for ten minutes and focus on one activity.
- Take short breaks when your mind becomes tired.
- Put your phone away for a few minutes while completing an important task.
- Practice a skill you would like to become better at.
- Draw without worrying about whether it looks “good.”
- Color in a coloring book.
- Learn how to cook a new meal.
- Take a free community class.
- Try another strategy when the first one does not work.
- Give yourself time to think instead of feeling pressured to decide immediately.
- Consider how a decision may affect you tomorrow, not only today.
- Practice listening without immediately preparing your response.
- Learn from people of different ages and generations.
- Ask yourself whether a thought is a fact, assumption, or opinion.
- Remember that lived experience is also a source of knowledge.





What's GROW NG On in October?

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

Apples

Beets

Cranberries

Figs

Grapes

Honeydew

Pear

Pomegranate

Pumpkin

Broccoli

Eggplant

Leafy Greens

Sweet Potatoes

Tomatoes

Winter Squash

Calling all artists and photographers!

We are beginning to create our 2027 calendar and we need your help!

If you have any art or photos you've taken, feel free to submit them by NOVEMBER 20TH for a chance to have them featured!

Submit to:
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 & 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/

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