

December 2025



Dimension of Focus: 2025 Self-Reflection

Think about your year, reflect on all that it was, and set your sights ahead into the future.

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 Henry (510) -708-6499
or
wellnessrecoveryteam@berkeleyca.gov

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

MON	TUE	WED	THU	FRI
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		



The Mission of the Wellness Recovery Team:



To promote a culture of Wellness Recovery at Berkeley Mental Health and the surrounding community that honors the 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. Kennel: 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 *5 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=cGp3Ml15c0NkcHFESEl5UGJUM25zZz09>

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 <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.



WELLNESS RECOVERY NEWSLETTER



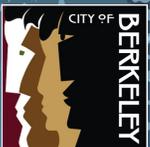
December 2025

The winter season is in full swing, and the end of the year is right around the corner.

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
- [2] – Group Schedule
- [3] – Serenity Steps : 4th St Holiday Lights Walking Group
- [4] – Cinema Therapy : December 19th
- [6] – December Days of Awareness and Celebration
- [8] – Winter Word Search
- [9] – Wellness Wisdom
- [10] – “A Time For Reflection” Journal Activity
- [12] – “Winter Time” Coloring Page
- [13] – “Happy Holidays” Coloring Page
- [14] – “Finding Light” Pop-Up Wellness Group
- [15] – Berkeley Mental Health Holiday Party : December 16th
- [16] – Other Community Resources
- [17] – Wellness Recovery Recap
- [18] – “Thank You” from the team!
- [19] – 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!

For the last month of the year, this is your opportunity to reflect on ALL 8 DIMENSIONS and how you used them in your life. What dimensions do you need to focus on, and which do you practice regularly?



Group Schedule

Here is our list of 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 and online via Zoom

December 9th & 30th
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 and online via Zoom

December 8th & 22nd
11am-12pm



Telling Your Story

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

In-person and online via Zoom

December 3rd & 10th
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!



December 4th & 18th
11am-12pm



We're implementing some small improvements to our groups in 2026!

We're excited for you all to see them!



Serenity Steps : December Walking Group



Fourth Street Holiday Lights
December 11th
4pm–5:30pm



Browse through the shops and watch the street transform as the sun goes down and the lights come on!

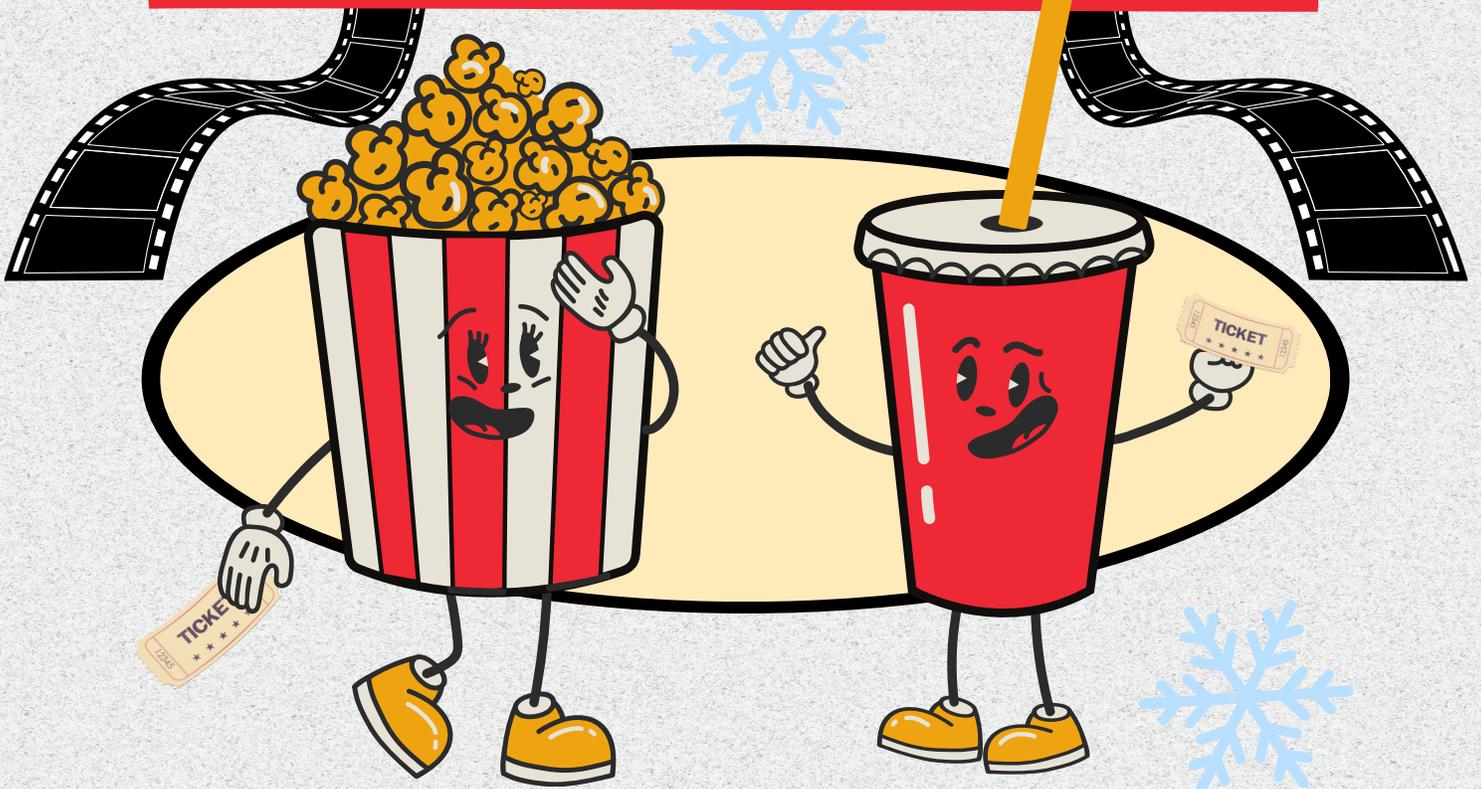
We will meet at the corner of Fourth St and Hearst Ave in Berkeley

Please RSVP to (510) 708-6499
or
jworks-wright@berkeleyca.gov



WELLNESS RECOVERY TEAM PRESENTS...

CINEMA THERAPY



**COME IN TO WATCH FUN AND ENGAGING FILMS, ENJOY MOVIE
SNACKS, AND PARTICIPATE IN WELLNESS DISCUSSIONS WITH
YOUR PEERS.**

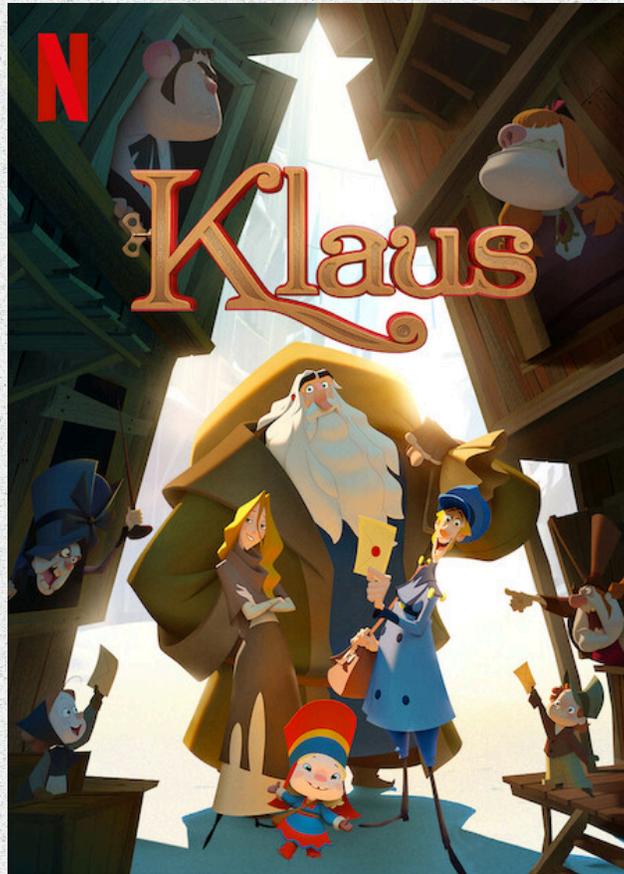
FOR MORE INFO AND TO RSVP...

CONTACT (510)-708-6499

OR

WELLNESSRECOVERYTEAM@BERKELEYCA.GOV

NOW SHOWING
12/19 @ 1:00PM



KLAUS (2019) : 1HR & 37 MIN

AFTER PROVING HIMSELF TO BE THE WORST STUDENT AT THE ACADEMY, A POSTMAN IS SENT TO A FROZEN TOWN IN THE NORTH WHERE HE DISCOVERS A RECLUSIVE TOYMAKER NAMED KLAUS.

WE WILL START THE FILM PROMPTLY AT 1PM, SO IF POSSIBLE, PLEASE COME EARLY TO VIEW THE ENTIRE FILM.

December

Holidays and Days of Acknowledgement



Universal Human Rights Month (All Dec.)

Commemorates this day in 1948 when the United Nations General Assembly adopted the Universal Declaration of Human Rights, which outlines a broad range of fundamental rights and freedoms to which all humans are entitled to.



Women Supporting Women Day (Dec. 1st)

Created to help women connect with each other and stand strong against the inequality that they still must face in today's world.

World Computer Literacy Day (Dec. 2nd)



Though computers have become commonplace in our futuristic world, computer literacy day reminds us to contribute our quota towards making computers accessible and easy to understand for those who may struggle with innovation.



National Cookie Day (Dec. 4th)

Celebrating one of many peoples favorite baked good. Whether you buy some or bake your own, have a cookie on this day.

National Cocoa Day (Dec. 13th)



Cocoa can be found everywhere from hot chocolate to desserts like brownies, cookies, cakes and more. So grab your favorite mug of cocoa or whip up some delicious recipes.



International Migrants Day (Dec. 18th)

A day to reflect upon the challenges and difficulties faced by over 272 million migrants as they courageously fight to build new lives for themselves and their families in every corner of the world.

Winter Solstice (Dec. 21st)



The Winter Solstice marks the day with the shortest period of daylight and the longest night of the year (in the Northern Hemisphere), all thanks to the tilt of the earth.



World Peace Meditation Day (Dec. 31st)

A day is to unite people of different ethnicities and backgrounds on a global platform. It also promotes diversity and peace through meditation and collaborating with people of different religions.

Hanukkah (Dec 14th – Dec 22nd)



An 8–day Jewish festival marking the miraculous victory of the Maccabees, Jewish freedom fighters, over the Seleucidian Greek occupiers.

Menorahs (candelabras) are lit, adding a flame each night, until on the eighth night eight flames are burning brightly. This takes place at home, in a doorway or near a window, and is performed after blessings are recited.



Christmas Eve & Christmas Day (Dec 24th – Dec 25th)



A day for spending time with family or friends, partaking in lighthearted traditions, or just spreading some holiday cheer!

Christmas has evolved over several millennia into a worldwide celebration that’s both religious and secular and chock full of fun–filled, family activities.



Kwanzaa (Dec 26th – Jan 1st)



Heri Za Kwanzaa! Celebrated from December 26 to January 1, is an African American and pan–African seven–day cultural holiday that celebrates family and community.

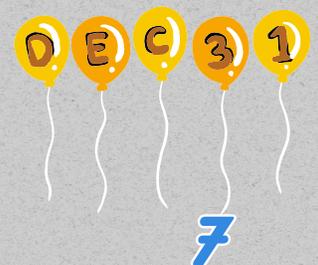
During the holiday, families celebrate with feasts, music, gifts, and dance, and end the holiday with a day dedicated to reflection and recommitment to the seven principles.



New Years Eve & New Years Day (Dec 31st – Jan 1st)



The last day of the year; it gives us the opportunity to reflect on the past year with its highs and lows, set intentions for the coming year, and provides an opportunity to celebrate all of the determination and resilience necessary to persevere.



Winter Word Search

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

FREEZING
FROST
FROZEN
GLOVES
HOLIDAY
ICEBERG
IGLOO

JACKET
MITTEN
PENGUIN
SCARF
SEASON
SHIVER
SHOVEL

SKIING
SLUSH
SNOWBOARD
SNOWFLAKE
SNOWSUIT
SOLSTICE
SWEATER





Wellness Wisdom

Tips for Creating a Mind-FULL Holiday Season

The holidays often are a source of familiar traditions and rituals which can be grounding and a welcome source of relief for some, but it can also bring up some difficult feelings as well.

Here are some tips that can help us maintain balance and prioritize your mental health as we inch closer to a new year.

Acknowledging Your Feelings

When we can name our feelings, we tend to feel a bit more in control of them. From there, we can find ways to meet our needs

Show Yourself Compassion and Grace

We are all dealing with things in different ways. Remind yourself that you are worthy of happiness regardless of the situation.

Honor your Mental Bandwidth

If you are feeling overwhelmed, it's okay to acknowledge that. Understand what is most important for your well-being, and prioritize yourself first.

Be Aware of Personal Boundaries

If you are planning to travel to be with friends or family, remember to do what is right for you. Boundaries are set to preserve ourselves and our mental health.

Practice / Create Healthy Habits

Tend to your basic needs like proper sleep and food intake, or try implementing a new habit to improve your wellness.

Connect with Others / Seek Support

Spend time with those who are part of your circle, if possible. And when you need it, always seek support when necessary.

it's okay to
feel your
feelings

If you're in need of a safe space to process your feelings in community, Berkeley Mental Health offers an **Emotional Wellness Circle** support group.

This group provides the opportunity to express whatever is on your mind and feel heard by your peers.

You can participate in person or virtually; whichever is most comfortable for you.

Daily Affirmations

Whenever you need a "pick-me-up" to get you through a tough moment, try reciting these phrases to yourself.

I release tension whenever I exhale

I am strong and ready for change

I am freeing myself from stress

I am resilient

I value myself

Every day is a gift

I am supported

I am enough just as I am

I welcome opportunities to learn and grow

I am confident and comfortable in my own skin





We acknowledge that this year looked different for us all. Some parts brought us joy, and some were more difficult at times; we've worked to reach some of our goals, and there may be some more to strive towards in the future.

But  **Your determination and resilience to press on along your journey did not go unnoticed, and you are living proof of what strength looks like.**

Take as much time as you need to journal and reflect on your year. We encourage you to feel whatever feelings arise and give yourself grace, as this may be challenging.



What brought me joy?

I want to improve on...

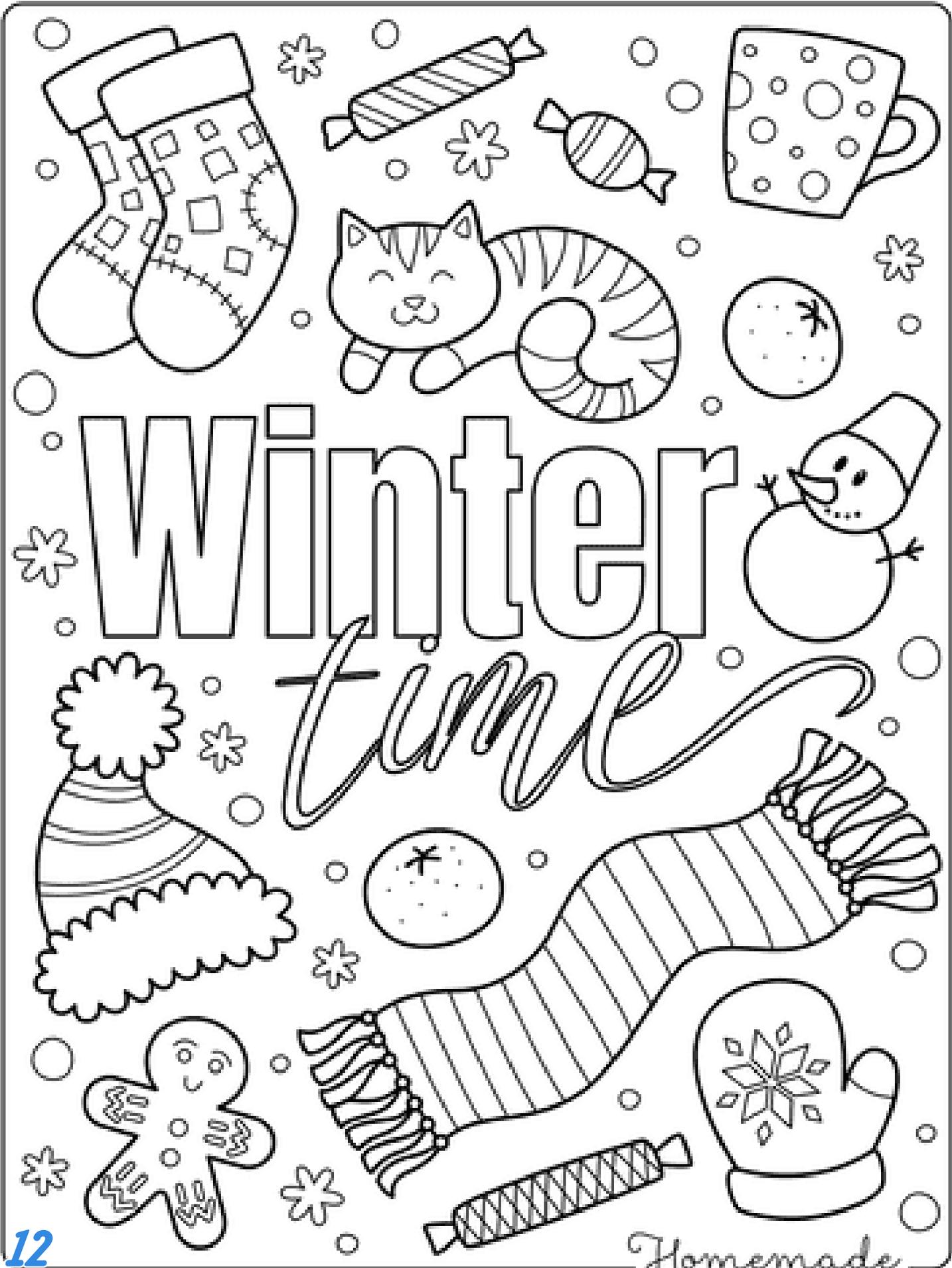
Some things that I'm grateful for are...

I took care of my wellness by...

A new skill that I learned...



Next year, I'm hoping for...



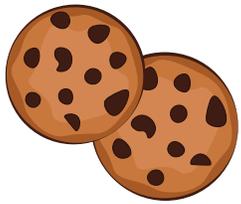




Wellness Recovery Team

"Finding Light:
"Navigating the Holiday Blues"

Join us for a supportive workshop. We'll
explore:



Holiday challenges
Practical wellness strategies
Helpful coping skills



To make it extra cozy, we'll enjoy hot chocolate and
cookies together as we talk and share.



December 15, 2025

Time: 2:00pm-3:30pm

Location:

2640 Martin Luther King Jr Way
Berkeley CA 94704



Berkeley Mental Health

HOLIDAY PARTY

Join the festive fun at our Holiday Party!

An afternoon of games, prizes, music,
photobooth and great food!

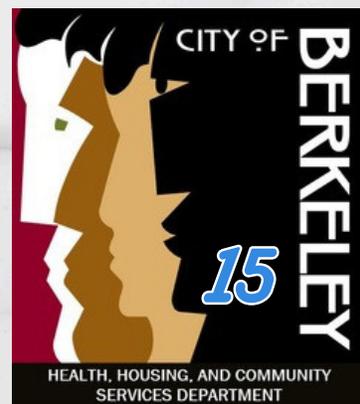
16th December 2025

12pm- 2pm

North Berkeley Senior Center

1901 Hearst Ave

Berkeley, CA 94709



Other Community Resources

Food Services

- **Berkeley Food Pantry**
1600 Sacramento Street
Berkeley, CA 94702
(510)-525-2280
- **Berkeley Food Network**
1925 9th Street
Berkeley, CA 94710
(510)-616-5383



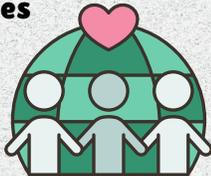
Housing/Shelter

- **Women's Daytime Drop-In Center**
2218 Acton St
Berkeley, CA 94702
Mon-Fri : 9am-1pm
- **Dorothy Day House**
1931 Center Street
Berkeley, CA 94704
(510)-705-1325



Recovery Tools

- **Options Recovery Services**
1835 Allston Way
Berkeley, CA 94704
Mon-Fri : 9am-5pm
- **Alameda County Services**
<http://211alamedacounty.org/>



Inclusive Services

- **Pacific Center for Human Growth**
(510)-548-8283
<https://www.pacificcenter.org/>
- **Peer Wellness Collective**
3238 Adeline Street
Berkeley, CA 94703
(510)-652-7451
<https://www.peerwellnesscollective.org/>



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

We did a lot this year...



From the wellness recovery groups



to community outreach opportunities



to all the wellness mixers

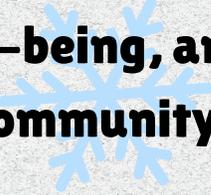




THANK YOU!



We're so grateful for the community's ongoing support, participation, and engagement across our various wellness groups, mixers, and support services. Your involvement strengthens our shared commitment to connection, well-being, and creating a healthier community for all.



We wish everyone a safe holiday season, and we look forward to seeing you all in 2026.



Take care, and be well!



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

