



Berkeley Drop-In Center (BDIC) - May 2023

A peer-run program of the Peer Wellness Collective

Address: 3234 Adeline St., Berkeley, CA 94703 **Phone:** 1-510-653-3808 Monday-Friday 9:00 am--3:00 pm



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 CENTER CLOSED (STAFF TRAINING)	3 <u>Path to Recovery</u> 10:30-12:00 <u>Let it Out Ladies</u> 11:30-12:00	4 <u>Breakfast Club</u> 9:30-11:00 <u>Computer Lab</u> 11:00-2:00	5 Art is Healing 1:00-2:00
8 <u>Meditation and Mindfulness</u> 11:00-12:00	11 <u>Healing for the Emotionally Exhausted Soul</u> 1:00-2:00pm	12 <u>Path to Recovery</u> 10:30-12:00	13 <u>Computer Lab</u> 11:00-2:00	14 Art is Healing 1:00-2:00
15 <u>Meditation and Mindfulness</u> 11:00-12:00	18	19 <u>Path to Recovery</u> 10:30-12:00 <u>Let it Out Ladies</u> 11:30-12:00	20 <u>Computer Lab</u> 11:00-2:00	21 Art is Healing 1:00-2:00
22 <u>Meditation and Mindfulness</u> 11:00-12:00	25 <u>Healing for the Emotionally Exhausted Soul</u> 1:00-2:00pm	26 <u>Path to Recovery</u> 10:30-12:00	27 <u>Computer Lab</u> 11:00-2:00	28 Art is Healing 1:00-2:00

<p>29</p> <p>Meditation and Mindfulness 11:00-12:00</p>	<p>30</p>	<p>31</p>	<p>Daily Services Snacks & coffee Mail service Lockers Computer access Housing Support</p>	<p>Monthly Center Closures Closed First Of Month Tuesday 2th Center Opens at 11:30 AM Tuesday, May 11th, 18th, 25th,30th</p>
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Activity Descriptions

BDIC Daily Services - Mail service, lockers, computer access, limited housing support, peer support by appointment. (Coffee and snacks available daily)
Payee Services - representative payee manages benefit payments for our members who need assistance managing their Social Security or Supplemental Security Income (SSI) payments.

Healing for the Emotionally Exhausted Soul - A spiritually based hour of wellness conversation and exercises to help release trauma from the mind, body, and spirit.
Facilitator: Amber Bowers

Path to Recovery- A group on conquering and dealing with addiction and life's journey -Open to all.
Facilitator: John Holloway

Let It Go Ladies- Let it out Ladies is a women's empowerment group that aims to support and inspire women through the peaks and valleys of life. -Open to all.
Facilitator: Patricia Poole

Meditation and Mindfulness - A group centered around wellness and mindfulness.
Facilitator: Amber Bowers

Breakfast Club - BDIC staff cook breakfast, share inspirational quotes, and host motivational group discussions.
Facilitator: Gladys Yau

Computer Lab - Clients get access to computers .
Facilitator: Bdic Staff

Art is Healing- Art Classes that promote mindfulness and fun.
Facilitator: Bdic Staff