SPIRIT PEER EMPOWERMENT CENTER

1103 Sutton Way, Grass Valley spiritcenter.org 530-274-1431

Open Monday through Saturday 8:30 am – 4:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00 Raison D'Etre (Gayatri) "Reason for Being" Discover your intentions for moving forward in life and take part in writing your story. **11:30 - 12:30 Yoga** Active and Restorative Yoga with mindful practice guiding you back to your center **1:00 - 2:00 MARA** Medically Assisted 2nd and 4th Mondays	**10:00 - 11:00 Smart Recovery (Gayatri)** A meeting for those who want to change an addictive behavior which might interfer with your life. **12:30 - 1:30 Managing Emotions (Crissy)** 12 week program helping you to manage your emotions **2:00 - 3:00 Women's Group (Tracy)** A space for women to share their experiences and personal journeys	**10:00 - 11:00 Grief Recovery Method (Gayatri)** An active program for moving beyond grief **11:00 - 12:00 Rocks, Stones, and Crystals (Tate)** A look at the healing power of rocks, stones, and crystals. **1:00 - 2:00 Empowering Minds (Mary and Crissy)** For individuals that are struggling with the ups and downs of their mental health	**10:00 - 11:00 Taking Action (Gayatri)** Uses individualized creativity to explore, develop and discover strategies for healing and recovery **1:00 - 1:30 Creative Writing (Crissy)** A constructive weekly workshop to support writing of all skill levels.	**10:00 - 11:00 Anxiety and Depression (Renee)** A place to share experiences, explore tools for coping, and learn from each other **12:00 - 1:00 Diversity Group (Crissy)** Exploring our cultural and personal diversity **1:00 - 2:00 Leadership Cohort** 2nd and 4th Fridays **2:15 - 3:15 Men's Group Tom Durkin** Men's support and resource group	**10:00 - 12:00 Beading for Wellness (Crissy)** Support each other in our journey, while producing beautiful jewelry together. **1:00 - 2:30 Creative Expressions (Renee)** A group where people come together to produce art in a variety of mediums. Updated 8/5/2026