



### Empowering Groups & Educational Classes

Providing a fun environment to learn how to manage illness or cope with circumstance. We are creating positive experiences related to **problem solving for health related topics.**

#### REGISTRATION INFORMATION

Classes are open to MCC patients.

Classes are filled on a first-come, first-served basis.

Talk to your provider about which classes are right for you.

#### ALL MARIN COMMUNITY CLINICS PROVIDE

Interpretation services

Appointments for same day medical & dental needs

An advice nurse is available when clinics are closed. Please call 415-448-1500.

For more information call

415-448-1500

MON	TUES	WED	THU	FRI
<p><b>Group Acupuncture</b> Novato South - 8:30 - 11:30 am</p> <p><b>Drop-In Teen Clinic</b> Novato South - 1:30 - 5:00 pm</p> <p><b>Eat, Play, Grow *</b> Campus - 4:00 - 5:30 pm</p> <p><b>Walking Group</b> San Rafael - 5:30 - 6:00 pm</p>	<p><b>Group Acupuncture</b> San Rafael - 8:30 - 11:00 am</p> <p><b>Group Acupuncture</b> Novato South - 8:30 - 11:00 am</p> <p><b>Huckleberry Teen Tuesday</b> San Rafael - 361 Third Street, Suite G 1:00 - 5:00 pm</p> <p><b>Group Acupuncture</b> Novato South - 1:30 - 4:30 pm</p> <p><b>Managing Depression &amp; Anxiety</b> Larkspur - 2:30 - 4:00 pm</p> <p><b>Healthy Living with Diabetes *</b> Campus - 5:00 - 7:00 pm</p>	<p><b>Group Acupuncture</b> Larkspur - 8:30 - 11:00 am</p> <p><b>Prenatal/Postnatal Yoga</b> Campus Clinic - 10:00 - 11:30 am</p> <p><b>Stress Management</b> San Rafael - 2:00 - 4:00 pm</p> <p><b>Managing Depression &amp; Anxiety</b> Campus - 2:00 - 3:30 pm</p> <p><b>Health Hub</b> San Rafael - 2:30 - 5:30 pm</p> <p><b>Seeking Safety</b> Larkspur - 3:00 - 4:30 pm</p> <p><b>Healthy Eating, Active Living *</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday Novato South - 3:30 - 5:30 pm</p> <p><b>Eat, Play, Grow *</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday Novato South - 3:30 - 5:30 pm</p> <p><b>H.A.N.D.*</b> 3<sup>rd</sup> Wednesday San Rafael - 7:00 - 9:00 pm</p>	<p><b>Group Acupuncture</b> Campus - 8:30 am - 4:00 pm</p> <p><b>Group Acupuncture</b> Novato North - 8:30 - 11:00 am</p> <p><b>Stress Management</b> Novato South - 9:00 - 11:00 am</p> <p><b>Group Acupuncture</b> Novato South- 1:30 - 4:30 pm</p> <p><b>Chronic Pain</b> San Rafael - 2:00 - 4:00 pm</p> <p><b>Health Hub</b> Novato - 2:30 - 5:30 pm</p>	<p><b>Chronic Pain</b> Novato South - 2:00 - 4:00 pm</p>

\* = Take note of days, locations & times  
■ = Self-Referral groups  
■ = Requires referral from provider (PCP)  
**ALL GROUPS:** If uninsured the cost per group is \$5, \$10, \$15 based on A, B, C scales.

Group Descriptions

- Chronic Pain** English/Spanish  
Learn exercises, how the mind works, alternatives to pain medications, and much more.
- Eat, Play, Grow \*** Spanish-Only  
Children & parents learn to make healthy eating fun, why the brain needs sleep, & more.
- H.A.N.D.\*** English-Only  
Helping After Neonatal Death.
- Health Hubs** English/Spanish  
Free food; health education; health screenings, community resources, and more! *We are always looking for volunteers to help out at Health Hubs.*
- Healthy Eating, Active Living\*** 1<sup>st</sup> Wed. English-Only | 3<sup>rd</sup> Wed. Spanish-Only  
Learn the basics of a balanced diet, dos and don'ts of weight loss, and more.

- Healthy Living with Diabetes \*** Spanish-Only  
Series of 3 classes: (*week1*) nutrition, (*week2*) what a type 2 diabetic & pre-diabetic can eat, and (*week3*) diabetic complications.
- Managing Depression & Anxiety\*** Tues. English-Only | Wed. Spanish-Only  
Learn to better understand and cope with symptoms of anxiety and depression.
- Stress Management** English/Spanish  
Learn how to use proven stress management tools.
- Group Acupuncture** English/Spanish  
High quality acupuncture provided in a peaceful group treatment room.
- Prenatal/Postnatal Yoga** English/Spanish  
Yoga for prenatal and postnatal mothers.
- Seeking Safety \*** English-Only  
Learn how to attain safety from trauma and/or substance abuse.

