

TRANSITION HOUSE, INC.

COURSE TITLE:

The TH Wellness Project

COURSE DESCRIPTION

TH Wellness Project's Vision: to empower personal well-being, improve mental wellness and increase life joy.

COURSE INFORMATION

Dates: August 22 – December 7, 2017
Location: Transition House Main Office,
700 Asp, Ste. 2, Norman Oklahoma.
Hours: Thursdays 1:30 – 3:00pm

TRANSITION HOUSE CONTACTS:

Main Office Number 405-360-7926
Mary Hopkins, MHR mhopkins@coxinet.net
Bonnie L. Peruttzi, MHR transitionhouse@coxinet.net



MATERIALS NEEDED:

- **You - your active involvement and presence are vital to gaining essential wellness life skills**
- Dr. Brené Brown *"The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are"*
- Notebook/Journal for weekly reflections and creative expressions

COURSE OUTLINES/READINGS:

Readings are recommended prior to class. They can be found on the Transition House website at www.thouse.org – follow the [TH Wellness Project](#) link or follow the direct links below.

August 22: Introduction (no reading)
August 29: [Finding and Maintaining Wellness; Personal Wellness Plan form](#)
September 5: [Developing a Sense of Enough - Gratitude and Joy](#)
September 14: [What Gets in the Way of our Wellness](#)
September 21: [Authenticity in the Real World](#)
September 28: [Perfectionism - When Failure is Not an Option](#)
October 5: [Resiliency - Energizing Hope](#)
October 12: [Time to Relax and Have Fun](#)
October 19: [Wellness through Creativity](#)
October 26: [Are We Being Mindful in our Lives](#)
November 2: [Team Building](#)
November 9: [Staying True to Ourselves](#)
November 16: [Creating Calm and Stillness](#)
November 30: [Wellness Plans - Does Yours Work](#)
December 7: Wrap-up and Celebration