



## Transition House

Our Vision is changing lives by creating pathways for mental wellness.

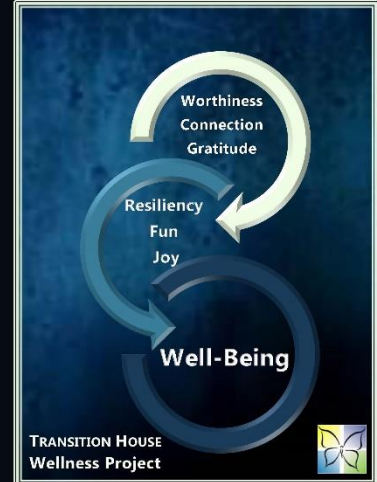
Our Mission is improving our community by providing tools for sustaining mental wellness with skills development, supportive care, and advocacy.

### The TH Wellness Project:

Interactive discussions, education, and activities that promote personal well-being while empowering useful coping skills and mental wellness.

### Our Vision for the Wellness Project:

To empower personal well-being, improve mental wellness and increase life joy.



### Desired Outcomes:

- Increase awareness of and examine barriers to mental wellness
- Develop tools for better life balance, well-being, mental wellness and life joy
- Improve healthy connections
- Prevention, early intervention, and reduction of symptoms of mental illness

### Methodology:

- Interactive discussions
- Provision of Transition House Wellness materials as well as other materials that address pertinent topics
- Engaging activities that promote understanding, connection and fun

### Disclosures:

- This is not a clinical therapy group.
- If a participant is in need of referrals for counseling, please speak with one of the Transition House Staff members.
- This is a Pilot Project of Transition House. Input towards the development of this project is welcome and becomes the property of Transition House.
- This project was inspired by the People of Transition House, works from Dr. Brene Brown, the Stone Center, Jean Baker Miller Institute, Dr. Kevin Leman and others.
- Each participant is asked to respect the privacy of all participants and TH clients. All personal information discussed and/or overheard will be maintained as confidential information.



## TH WELLNESS PROJECT

Empowering Well-being

## Transition House

offers 2 Wellness Project opportunities:

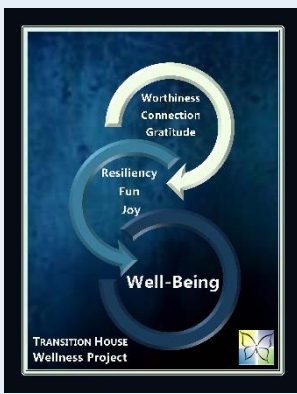
### TH Community Wellness Project:

- For Community Members
- Bi-weekly on-going gatherings
- Every other Wednesday from noon-1:00pm. (day & time subject to change)
- Transition House Drop-In Center  
700 Asp, Ste. 4, Norman, OK

### TH Student Wellness Project:

- For University Students
- 16 week series
- Fall and Spring semesters
- Transition House Drop-In Center  
700 Asp, Ste. 4, Norman, OK

If you would like more information and/or would like to participate, contact Bonnie Peruttzi, MHR or Mary Hopkins, BSW, MHR at 405-360-7926 or via e-mail at [transitionhouse@coxinet.net](mailto:transitionhouse@coxinet.net) or [mhopkins@coxinet.net](mailto:mhopkins@coxinet.net).



# TRANSITION HOUSE WELLNESS PROJECT

Empowering Well-being



## Topics include:

- Healthier Connections, Healthier Life
- Maintaining Authenticity in the Real World
- What Gets in the Way
- Being a Part of..., Being Enough
- Learning to Bounce Back
- Being Kind to Yourself
- Gratitude and Joy
- Trusting Your Gut
- Faith
- Creativity and Wellness
- Valuing Play and Rest
- Slow Down and Take Care
- Energizing Hope
- Having Fun and Laughter
- Dealing with the Doubters & Downers
- Wellness Plans
- Perfectionism – Realistic Expectations of Self and Others
- What are You Willing to Sacrifice for Success
- Life Balance