

MHW Center Day Program Course Schedule
 April 1st-June 21st, 2024

Class	Description	Days	Time	Room/Location	Instructor
Brain Works 1	Cognitive & Education Development	Monday	10:30am-12:00pm	MHWC Classroom	Chelsea Jensen
Math & Economics	Independent Living Skills	Monday	1:00pm-3:00pm	MHWC Classroom	Ampha Manorind
Volunteer and Spring Gardening	Vocational training & Community integration	Tuesday	10:30am-12:00pm	Various Locations	Various staff
Music and Movement	Physical Activity and Socialization	Tuesday	1:00pm-3:00pm	MHWC Classroom	Chelsea Jensen
P.E. & Swimming	Physical Activity & Community Integration	Wednesday	10:30am-12:00pm	Arcata Pool & MHWC Classroom	Various Staff
Nature Crafts	Creative Development & Hand Motor Skills	Wednesday	1:00pm-3:00pm	MHWC Classroom & Outdoor Locations	Esperanza Vogel
Comfort Cooking	Independent Living Skills	Thursday	10:30am-12:00pm	MHWC Classroom & Kitchen	Steven O'Garey
Creative Writing	Creative Development & Penmanship	Thursday	1:00pm-3:00pm	MHWC Classroom	Dylan Beechum
Geography & Memory	Memory Development and History	Friday	10:30am-12:00pm	MHWC Classroom	Daniel Borich
Game Day	Socialization & Community Integration	Friday	1:00pm-3:00pm	MHWC Classroom	Various staff
Support Groups					
Heads Up! Support Group	Adult Brain injury support group	Monday	5:00pm-6:30pm	MHWC classroom	Various staff