The Center is open for in-person programming 8am – 2pm, Monday, Tuesday, Thursday and Friday
On Wednesdays, the Center is open for in-person programming 8am-12pm
Afternoon appointments are available after in-person hours until 4pm. Occupancy is limited due to public health guidelines and activities and hours are subject to change.
Please call the Center if you have any questions about how to best connect with services.

Virtual Activities on Zoom
Activities occurring between 8am and 12:00pm will be streamed live at the Center
Please find links to Zoom activities on following page or call the Center to find out how to join:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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</table>
| Monday | Coffee Hour 8am-9am                             Peer Connect 10:30am-11:30am  
Check-in 9am-10am                       Grupo de Apoyo 12:30pm-1:30pm  
Meditation 10am-10:30am                 Community Gardening 1:30pm-2pm   |
| Tuesday| Coffee Hour 8am-9am                             Peer Connect 10:30am-11:30am  
Check-in 9am-10am                       Art Therapy 11:30am-12:30pm      
Meditation 10am-10:30am                 Afternoon Tea with Staff 12:30pm-1:30pm |
| Wednesday| Coffee Hour 8am-9am                            Peer Connect 10:30am-11:30am  
Check-in 9am-10am                      Community Gardening 11:30am-12:00pm |
| Thursday| Coffee Hour 8am-9am                             Peer Connect 11:00am-11:30am    
Check-in 9am-10am                      Mental Health Topics 11:30am-12:30pm  
Meditation with Suscol 10am-11:00am   Coping Skills 12:30pm-1:30pm         
Music Therapy 12:30pm-1:30pm          |
| Friday | Coffee Hour 8am-9am                             Peer Connect 10:30am-11:30am   
Check-in 9am-10am                      TedTalks 11:30am-12:30pm           
Meditation 10am-10:30am                Community Volunteering 12:30pm-2pm |

**Innovations Community Center**  
3281 Solano Ave, Napa  
(707) 259-8692  
[www.innovationscommunitycenter.org](http://www.innovationscommunitycenter.org)

**Morning Check-in:** Daily on Zoom from 9am - 10am  
**Talking Circle with Sal:** 8/11 & 8/25 on Zoom from 10:30am - 11:30am  
**Additional Services:** Peer one on ones, Referrals, Resources  
**Servicios de Español:** Apoyo individual y recursos de la salud mental
August 2021 Zoom Links and Meeting ID/Passcodes

Morning Check-in, Daily at 9am

Join Zoom Meeting
https://us02web.zoom.us/j/86938070637?pwd=SnU2UjlwemjLeGZ5SFIHKzJRGPvUT09
Meeting ID: 869 3807 0637
Passcode: 145782

Talking Circle with Sal, 2nd and 4th Wednesday at 10:30am

Join Zoom Meeting
https://us02web.zoom.us/j/84601100168?pwd=d1NKReRla3BvVtJXaZXkNzZNUndQfT09
Meeting ID: 846 0110 0168
Passcode: 708071

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