



## SUPPORT GROUP

### TYPE 2 DIABETES FAMILY SUPPORT GROUP

Do you have a child struggling with type 2 diabetes or obesity? Come join other families to learn about positive ways to support the health of your child. ; Guest speakers will present topics such as: healthy snacks, low cost healthy dinners, exercise options, surviving the holidays, and more!

#### MAYFAIR CENTER, 2039 KAMMERER AVE. (408) 794-1060

Class No.	Class Name	Ages	Day(s)	Dates	Time	Instructor	Mtgs	Res/NonRes
210.4.4602	Type 2 Diabetes- babysitting option	3-8	T	4/10-4/10	6:30PM-8:00PM	Staff	1	\$0/\$0
210.4.4604	Type 2 Diabetes- babysitting option	3-8	T	5/8-5/8	6:30PM-8:00PM	Staff	1	\$0/\$0
210.4.4601	Type 2 Diabetes Family Support Group	9+	T	4/10-4/10	6:30PM-8:00PM	Staff	1	\$0/\$0
210.4.4603	Type 2 Diabetes Family Support Group	9+	T	5/8-5/8	6:30PM-8:00PM	Staff	1	\$0/\$0

## MENTAL HEALTH

### AEROBICS

The purpose of aerobics is to promote cardiovascular fitness, tone and strengthen muscles, and increase range of motion. The fabulous Richard Simmons, whose workout style fits all fitness levels leads this group via video with the support of GCC staff.

### ANGER MANAGEMENT - COURT ORDERED

Open group for people to come and process personal experience with anger and receive support and coaching with how to express their anger in safe ways. Please contact the center for more details at 408-293-0422.

### ART THERAPY

This specialized program uses art therapy techniques, to help individuals work through their issues and express themselves through creative projects. Qualified clinical professionals lead the groups, one hour per week.

### ARTS AND CRAFTS

Individuals gain self-confidence and enjoyment through creating art projects they can take home, give as gifts, or display at the center. A wide variety of fun and creative projects are offered in this class, including card making, collages, mosaics, and more.

### BASIC COMPUTER TRAINING

With the help of two very special community volunteers, GCC now has three computers available for those who have basic computer skills to use independently. A volunteer computer trainer hosts a learning lab twice a week for those needing one on one training and assistance navigating the computer.

### BASKETBALL

GCC's basketball program encourages healthy competition for the ambitious player, builds communication and teamwork skills, and promotes fitness and exercise.

### BEADING CLASS

This popular program is now offered at the Art and Wellness Studio on Tuesday mornings. Participants learn to make beautiful beaded jewelry and decorative pieces using a variety of colored plastic, glass, crystal, wood, metal and bone beads. Special tools and materials are used to demonstrate and teach techniques. Participants are encouraged to develop and create their own unique, eye-catching pieces.

### BINGO

Come play a friendly game of Bingo. GCC's participant-facilitated program offers a great opportunity for socialization and group cooperation. Players are given two bingo cards and can win up to three bingo tickets a day, which are redeemable for prizes. Prizes are awarded twice a month for the winners.

### CLOTHES CLOSET

The Clothes Closet offers individuals a "thrift store" style shopping experience for free. The program encourages a clean, healthy appearance to build a confident self-image. All clothes and accessories are donated from individuals and agencies throughout the community.

### COMMUNITY MEETINGS

This daily discussion group offers a place for individuals to discuss issues of daily living in our community, share questions or concerns, and learn about GCC programming. The group offers a supportive, interesting, educational environment and is designed to increase individual's awareness and participation in their community center.