WELLBEING CLUBS

Hosted by San Diego Urban Beats! All of our Wellbeing Clubs are 6 sequenced meetings, during which we will cover the topics of: **Wellness, Identity, Goal-setting/Success, Healthy Relationships, Recovery, and Leadership.**

**Paint/Draw & Wellbeing**

Have fun creating visual art that empowers you towards happiness and wellbeing. Lili will guide you through creative prompts, casual discussions and exciting art shows.

1:30-3:00 Mon
4:00-5:30 Wed

**Poetry & Wellbeing**

Explore creative expression through poetry with Cheyenne. Together we’ll read, write, edit, perform, create, and publish. There will be prompts, poems, laughs, & more importantly, FUN!

3:30-5:00 Tue
1:30-3:00 Wed

**Building & Wellbeing**

Joe will guide you through the process of simple, yet surprisingly rewarding building projects. Expect lighthearted competition, scientific discovery, and a feeling of satisfaction that only comes from being able to say, "I made that."

3:30-5:00 Thur
Bored? Isolated? Want to make some new friends? Drop into our clubs! No registration, start anytime! These clubs are made to be casual & fun! Come try out a couple. You can learn more by checking out our Calendar!

**Happily Hired Club**
**Illustration Club**
**Papercraft Club**
**Poetry Club**
**Book Club**

**Accountability Club**
**Movie Night Club**
**Self-Care Club**
**Graffiti Club**
**Game Club**

The Urban Beats team will walk you through a series of gratifying beginner art activities, sourced from various mediums. If you are looking to try out some new art forms, this is the club for you & your buds!

**Conversation & Wellbeing**

1:00-2:00 Tue

**Sign up Now**
**Tue Ages 16-25**

**Drop-in Now**
**Ages 16-25**