

Wellness Day Programs

□ Listen to this At OBHAW, we believe that **everyone in our communities can be healthy**. We are passionate about working toward that ideal, one person at a time.

Our Wellness Day Programs assist adults with Serious Mental Illnesses to thrive within their community. Through individual and group therapy, daily living skills activities, transportation services, and home visits, our team of Mental Health Professionals is able to walk through each individual's day-to-day journey with them.

The consistent, therapeutic, and individualized nature of our Wellness Day Programs helps OBHAW clients achieve their goals.

What might a typical day at a Wellness Day Program look like?

7:30 - 8:00 am | Doors Open

8:00 - 8:45 am | Breakfast is served & some clients participate in individual counseling sessions

8:45 - 9:45 am | Group Activity

10:00 - 11:00 am | Group Therapy

11:00 - 11:30 am | Lunch is served

Afternoon Hours | Group Activities, Life Skills Activities, Planned Outings

Public Release Data [USDA Food Program](#)