





























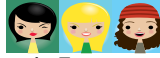









































































































Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1  3 Principles for Mental Health! 10:00-11:00</p> <p> Women's Empowerment 11:00-12:00</p> <p> SacPort: Medication Mgmt 12:00-1:00</p> <p> Mindfulness: 1:00-1:30</p> <p> Journaling: 2:00-3:00 Meditate & Share: 3:00-4:00</p> <p> PTSD Support: 4:00-5:00</p>	<p>2 Depression Support: 10:00-11:00 PTSD Support: 11:00-12:00</p> <p> Dual Recovery Anonymous 12:00-1:00</p> <p> SacPort: Basic Conversation 12:00-1:00</p> <p> Art Expression: 1:00-2:00</p> <p> Speaking Peace: 2:00-3:00</p> <p> Walk or Movement For Health: 2:00-3:00</p> <p> WRAP: Session #8: 3:15-4:45</p>	<p>3 Self Esteem Group: 10:00-11:00 Blended Therapy: DBT/CBT 11:00-12:30 Dual Recovery Anonymous 12:00-1:00</p> <p> SacPort: Medication Mgmt 12:00-1:00 Bipolar Support: 12:30-2:00</p> <p> DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM</p> <p> Meditate & Share: 2:00-3:00</p> <p> Art Of Happiness: 3:00-4:00</p> <p> Sing-A-Long & Poetry: 4:00-5:30</p>	<p>4 Gentle Yoga 10:00-11:00</p> <p> Life Management Skills 10:00-11:00 Women's Anger Management 11:00-12:00</p> <p> SacPort: Basic Conversation 12:00-1:00 Art Expression: 12:00-1:00</p> <p> Women's Wisdom: 1:00-2:00</p> <p> Depression Support: 2:00-3:00 WRAP: Session #9 3:15-4:45 Medication Appt. Only: 6:00-7:00</p>	<p>5 Self Esteem 10:00-11:00</p> <p> Writing as a Path To Healing 11:00-12:30 Open Movement Group 1:00-2:00</p> <p> Men's Anger Management 1:00-2:00</p> <p> Right Relationship: 2:30-3:30</p> <p> Healthy Boundaries 3:45-4:45</p> <p>Computer Lab RESERVED Job Development 2:00-3:30</p> <p>Medication Appt. Only: 6:00-7:00</p>	<p>6  Open Activity 11:30-1:00</p> <p> Matinee Saturday 1:00-3:45</p> <p> Emotions Anonymous*</p> <p>Orientation: 1:00 PM & Step Tradition: 1:30-2:30</p> <p> Peer Support 3:00-4:00</p> <p>WRCN Computer Lab 10:00-5:45</p>
<p>8  CROSSROADS: Employment Workshop: 10:00-11:00</p> <p> Women's Empowerment 11:00-12:00</p> <p> SacPort: Medication Mgmt 12:00-1:00</p> <p> Spiritual U: 1:00-2:00</p> <p> Journaling: 2:00-3:00</p> <p> Meditate & Share: 3:00-4:00</p> <p> PTSD Support: 4:00-5:00</p>	<p>9  Depression Support: 10:00-11:00 PTSD Support: 11:00-12:00</p> <p> Dual Recovery Anonymous 12:00-1:00</p> <p> SacPort: Basic Conversation 12:00-1:00</p> <p> Art Expression: 1:00-2:00</p> <p> Walk or Movement For Health: 2:00-3:00</p> <p> WRAP: Session #10 3:15-4:45</p>	<p>10 Self Esteem Group: 10:00-11:00 Blended Therapy: DBT/CBT 11:00-12:30 Dual Recovery Anonymous 12:00-1:00</p> <p> SacPort: Medication Mgmt 12:00-1:00 Bipolar Support: 12:30-2:00</p> <p> CSHC Open Mtg.: 12:00-1:00</p> <p> DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM</p> <p> Meditate & Share: 2:00-3:00 Art Of Happiness: 3:00-4:00</p> <p> Sing-A-Long & Poetry: 4:00-5:30</p>	<p>11 Gentle Yoga 10:00-11:00</p> <p> Life Management Skills 10:00-11:00 Women's Anger Management 11:00-12:00</p> <p> SacPort: Basic Conversation 12:00-1:00 Art Expression: 12:00-1:00</p> <p> Women's Wisdom: 1:00-2:00</p> <p> Depression Support: 2:00-3:00 WRAP: Session #11 3:15-4:45 Medication Appt. Only: 6:00-7:00</p>	<p>12 Self Esteem 10:00-11:00</p> <p> Writing as a Path To Healing 11:00-12:30 Open Movement Group 1:00-2:00</p> <p> Men's Anger Management 1:00-2:00</p> <p> Right Relationship: 2:30-3:30</p> <p> Healthy Boundaries 3:45-4:45</p> <p>Computer Lab RESERVED Job Development 2:00-3:30</p> <p>Medication Appt. Only: 6:00-7:00</p>	<p>13 Open Activity 11:30-1:00</p> <p> Emotions Anonymous*</p> <p>Orientation: 1:00 PM & Step Tradition: 1:30-2:30</p> <p> Assertiveness Training 12:00-1:00</p> <p> Matinee Saturday 1:00-3:45</p> <p> Peer Support 3:00-4:00</p> <p> Meditate & Share 4:00-5:00</p>

NEW GROUPS: Spiritual U, Men's Empowerment, Crossroads: Employment, Peer Support, Sing-A-Long & Poetry, Mindfulness Series Starting this Month!

Membership & Registration FREE! NEW HOURS: MON, TUE, WED, TH 9AM-6PM, FRI 9:30AM-5PM, & SAT 10AM-6PM (CLOSED SUNDAYS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p>  <p>WRCN CLOSED IN OBSERVANCE OF</p>  <p>Presidents Day</p> 	<p>16</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Computer Lab CLOSED ALL DAY FOR CLEANING</div>  <p>Depression Support: 10:00 – 11:00 PTSD Support: 11:00 – 12:00</p>  <p>Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Basic Conversation 12:00 – 1:00</p>  <p>Art Expression: 1:00 – 2:00</p>  <p>Speaking Peace: 2:00 – 3:00</p>  <p>Walk or Movement For Health: 2:00 – 3:00</p>  <p>WRAP: Session #12 3:15 – 4:45</p>	<p>17 Self Esteem Group: 10:00 – 11:00</p>  <p>Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Medication Mgmt 12:00 – 1:00</p>  <p>Bipolar Support: 12:30 – 2:00</p>  <p>DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM</p>  <p>Meditate & Share: 2:00 – 3:00</p>  <p>Art Of Happiness: 3:00 – 4:00</p>  <p>Sing-A-Long & Poetry: 4:00 – 5:30</p>	<p>18</p>  <p>Gentle Yoga: 10:00 – 11:00</p>  <p>Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00</p>  <p>SacPort: Basic Conversation 12:00 – 1:00</p>  <p>Art Expression: 12:00 – 1:00</p>  <p>Women's Wisdom: 1:00 – 2:00</p>  <p>Depression Support: 2:00 – 3:00</p>  <p>WRAP: Session #13 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00</p>	<p>19</p> <p>Self Esteem: 10:00 – 11:00</p>  <p>Writing as a Path To Healing 11:00 – 12:30</p>  <p>Open Movement Group 1:00 – 2:00</p>  <p>Men's Anger Management 1:00-2:00</p>  <p>Right Relationship: 2:30 – 3:30</p>  <p>Healthy Boundaries 3:45 – 4:45</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Computer Lab RESERVED Job Development 2:00 – 3:30</div> <p>Medication Appt. Only: 5:00 – 7:00</p>	<p>20</p>  <p>Open Activity 11:30 – 1:00 Matinee Saturday 1:00 – 3:45</p>  <p>Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30</p>  <p>Peer Support 3:00 4:00</p>  <p>Life Management Skills 4:00 – 5:00</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>Finding Peace is as simple as letting go of what obstructs it.</p> </div>
<p>22</p>  <p>CROSSROADS: Employment Workshop: 10:00 – 11:00</p>  <p>Women's Empowerment 11:00 – 12:00</p>  <p>SacPort: Medication Mgmt 12:00 – 1:00</p>  <p>Spiritual U 1:00 – 2:00</p>  <p>Journaling: 2:00 – 3:00</p>  <p>Meditate & Share: 3:00 – 4:00</p>  <p>PTSD Support: 4:00 – 5:00</p>	<p>23</p> <p>Depression Support 10:00 – 11:00</p>  <p>PTSD Support: 11:00 – 12:00</p>  <p>Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Basic Conversation 12:00 – 1:00</p>  <p>Art Expression: 1:00 – 2:00</p>  <p>Walk or Movement For Health: 2:00 – 3:00</p>  <p>WRAP: Session #14 3:15 – 4:45</p>  <p>Men's Empowerment (Last Tuesday Only) 4:00 – 5:00</p>	<p>24</p> <p>Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Medication Mgmt 12:00 – 1:00</p>  <p>Bipolar Support: 12:30 – 2:00</p>  <p>DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM</p>  <p>CSHC Open Mtg.: 12:00 – 1:00</p>  <p>Meditate & Share: 2:00 – 3:00 Art Of Happiness: 3:00 – 4:00</p>  <p>Sing-A-Long & Poetry: 4:00 – 5:30</p>	<p>25</p>  <p>Gentle Yoga 10:00 – 11:00</p>  <p>Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00</p>  <p>SacPort: Basic Conversation 12:00 – 1:00</p>  <p>Art Expression: 12:00 – 1:00</p>  <p>Women's Wisdom: 1:00 – 2:00</p>  <p>Depression Support: 2:00 – 3:00</p>  <p>WRAP: Session #15 3:15 – 4:45 Medication Appt. Only: 6:00 – 7:00</p>	<p>26</p> <p>Self Esteem: 10:00 – 11:00</p>  <p>Writing as a Path To Healing 11:00 – 12:30</p>  <p>Open Movement Group 1:00 – 2:00</p>  <p>Men's Anger Management 1:00-2:00</p>  <p>BINGO: 2:30 – 3:30</p>  <p>Healthy Boundaries 3:45 – 4:45</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">Computer Lab RESERVED Job Development 2:00 – 3:30</div> <p>Medication Appt. Only: 5:00 – 7:00</p>	<p>27</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Assertiveness Training 12:00-1:00</p>  <p>Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30 Matinee Saturday 1:00 – 3:45</p>  <p>Peer Support 3:00 4:00</p>  <p>3 Principles for Mental Health! 4:00 5:30</p>  <p>WRCN Library : 10:00 – 5:45</p>

February 2010 ♦ **WRC North 3815 Marconi Ave., Ste #1, Sacramento CA 95821 Phone: (916) 485-4175**

CALL FOR UPDATES! NEW HOURS: MON, TUE, WED, TH 9AM-6PM, FRI 9:30AM-5PM & SAT 10AM-6PM www.consumersselfhelp.org