

# Calendar

## *Wellness & Recovery Center South*

7000 Franklin Blvd Ste 110, Sacramento, CA 95823

Phone: (916) 394-9195 Fax: (916) 394-3361





Revised: 5/29/09

**JUNE  
2009**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	<b>2</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 10:15 – 11:15  Sac Port Basic Conversation 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00 WRAP at WRC North 2:30 – 4:00	<b>3</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00	<b>4</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Basic Conversation 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Current Affairs 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 Wrap at WRC North 2:30 – 4:15 	<b>5</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Current Affairs 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Performing Arts 1:00 – 2:00 Movies/Social Time 2:15 – 6:00 	<b>6</b> Matinee Saturday All Day Games All Day Karaoke Upon Request 
<b>8</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	<b>9</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15  Sac Port Basic Conversation 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00 New Member Orientation 2:00 – 5:00 WRAP at WRC North 2:30 – 4:00	<b>10</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 New Member Orientation 2:00 – 5:00	<b>11</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Basic Conversation 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Current Affairs 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 Wrap at WRC North 2:30 – 4:15 	<b>12</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Performing Arts 1:00 – 2:00 <b>CSH All Staff Meeting. WRC South Closed at 2:30 pm</b> 	<b>13</b> Matinee Saturday All Day Games All Day Karaoke Upon Request 

**NEW GROUPS:** Sac Port Basic Conversation, Performing Arts, Nutrition, Senior & Elderly Support, Schizophrenia Support

**Membership & Registration FREE! Hours: Monday thru Friday 9 am – 6 pm, Saturday 9 am – 5 pm, Sunday Closed**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>15</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	<b>16</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15  Sac Port Basic Conversation 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00 New Member Orientation 2:00 – 5:00 WRAP at WRC North 2:30 – 4:00	<b>17</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 New Member Orientation 2:00 – 5:00	<b>18</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Basic Conversation 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Current Affairs 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 Wrap at WRC North 2:30 – 4:15 	<b>19</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Performing Arts 1:00 – 2:00 <b>WRC South Staff Meeting</b> <b>WRC South Closed at 2:30 pm for Staff Meeting</b> 	<b>20</b> Matinee Saturday <b>All Day Games</b> <b>All Day Karaoke</b> <b>Upon Request Pool Tournament</b> 2:15 – 4:15 
<b>22/29</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15 Nutrition 12:45 – 1:45 Open Process 1:45-2:45  Movie/Social Time 2:45 – 6:00	<b>23/30</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 New Member Orientation 9:30 – 12:30 Life Skills/Budgeting 10:15 – 11:15  Sac Port Basic Conversation 11:15 – 12:15 Dealing with Anxiety 1:15 – 2:15 Current Affairs 2:00 – 3:00 Movie/Social Time 3:00 – 6:00 New Member Orientation 2:00 – 5:00 WRAP at WRC North 2:30 – 4:00	<b>24</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 Exercise 12:45 – 1:45 Arts and Crafts 1:15 – 2:15 Bi-Polar Support 2:15 – 3:15 Movie/Social Time 3:15 – 6:00 New Member Orientation 2:00 – 5:00	<b>25</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Sac Port Basic Conversation 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Current Affairs 1:15 – 2:15 Movie/Social Time 2:15 – 6:00 Wrap at WRC North 2:30 – 4:15 	<b>26</b> Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Self Esteem 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port Community Re-Entry 11:15 – 12:15 June Birthday Lunch and Celebration 12:15 – 2:15 Movies/Social Time 2:15 – 6:00 	<b>27</b> Matinee Saturday <b>All Day Games</b> <b>All Day Karaoke</b> <b>Upon Request</b> 

