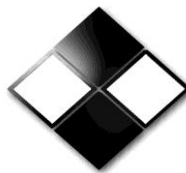


Calendar

Wellness & Recovery Center South
















7000 Franklin Blvd Ste 110, Sacramento, CA 95823

Phone: (916) 394-9195 Fax: (916) 392-2827




















December 2009

Revised: 11/23/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15  Community Outing/Nature 10:15 – 12:15 Employment Coaching 11:00 – 12:00 Sac Port 11:15 – 12:15 Dealing with Anxiety 12:45 – 1:45 Meditation 1:00 – 2:00 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00	2 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 11:15 – 12:15 PTSD 12:45 – 1:45 Exercise 12:45 – 1:45 Basic Computers 1:00 – 2:00 Typing 101 2:00 – 3:00  Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 4:00 – 6:00	3 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30  Basic Computers 11:15 – 12:15 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Open Process 1:00 – 2:00 Social Skills 2:15 – 3:15 Achieving Goals 2:00 – 3:00 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	4 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Changing Habits 10:15 – 11:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port 11:15 – 12:15 Boundaries 12:45 – 1:45 Spanish 1:00 – 2:00 Dealing with Loss 1:15 – 2:15 Typing 101 1:30 – 2:30 Open Process 2:15 – 3:15 Power of Thought 3:00 – 4:00 Recreation 3:15 – 6:00	5  Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 11:00 – 12:00 Housing 12:45 – 1:45 Recreation 1:45 – 5:00
7 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 Creative Writing 1:00 – 2:00 Exercise 1:45 – 2:45 Depression Support 2:00 – 3:00 Meditation 3:00 – 4:00 Recreation 4:00 – 6:00	8 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15  Community Outing/Nature 10:15 – 12:15 Employment Coaching 11:00 – 12:00 Sac Port 11:15 – 12:15 Dealing with Anxiety 12:45 – 1:45 Meditation 1:00 – 2:00 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00	9 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 11:15 – 12:15 PTSD 12:45 – 1:45 Exercise 12:45 – 1:45 Basic Computers 1:00 – 2:00 Typing 101 2:00 – 3:00  Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 4:00 – 6:00	10 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Basic Computers 11:15 – 12:15 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Open Process 1:00 – 2:00 Crossroads Employment 1:15 – 2:15 Social Skills 2:15 – 3:15 Achieving Goals 2:00 – 3:00 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	11 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Changing Habits 10:15 – 11:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port 11:15 – 12:15  Boundaries 12:45 – 1:45 Spanish 1:00 – 2:00 Dealing with Loss 1:15 – 2:15 Typing 101 1:30 – 2:30 Open Process CSH All Staff Meeting Center Closed at 2:30	12 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 11:00 – 12:00 Housing 12:45 – 1:45 Recreation 1:45 – 5:00

NEW GROUPS: None

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14 Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Mgmt 11:15 – 12:15</p>  <p>Nutrition 12:45 – 1:45 Creative Writing 1:00 – 2:00 Exercise 1:45 – 2:45 Depression Support 2:00 – 3:00 Meditation 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>15</p>  <p>Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15</p>  <p>Community Outing/Nature 10:15 – 12:15 Employment Coaching 11:00 – 12:00 Sac Port 11:15 – 12:15 Dealing with Anxiety 12:45 – 1:45 Meditation 1:00 – 2:00 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>16 Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port 11:15 – 12:15 PTSD 12:45 – 1:45 Exercise 12:45 – 1:45 Basic Computers 1:00 – 2:00 Typing 101 2:00 – 3:00</p>  <p>Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 4:00 – 6:00</p>	<p>17</p>  <p>Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Basic Computers 11:15 – 12:15 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Open Process 1:00 – 2:00 Social Skills 2:15 – 3:15 Achieving Goals 2:00 – 3:00 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00</p>	<p>18 Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15 Changing Habits 10:15 – 11:15 Schizophrenia Support 10:15 – 11:15 DRA 11:15 – 12:15 Sac Port 11:15 – 12:15</p>  <p>Boundaries 12:45 – 1:45 Spanish 1:00 – 2:00 Dealing with Loss 1:15 – 2:15 Changing Habits 1:30 – 2:30 Typing 101 1:30 – 2:30 Open Process 2:15 – 3:15 Power of Thought 3:00 – 4:00 Recreation 3:15 – 6:00</p>	<p>19 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 11:00 – 12:00 Housing 12:45 – 1:45 Recreation 1:45 – 5:00</p> 
<p>21/28</p>  <p>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</p>  <p>Nutrition 12:45 – 1:45 Creative Writing 1:00 – 2:00 Exercise 1:45 – 2:45 Depression Support 2:00 – 3:00 Meditation 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>22/29</p> <p>Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15</p>  <p>Community Outing/Nature 10:15 – 12:15 Employment Coaching 11:00 – 12:00 Sac Port 11:15 – 12:15 Dealing with Anxiety 12:45 – 1:45 Meditation 1:00 – 2:00 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00</p> <p>On the 22nd, CSH will have Holiday activities to include the holiday meal.</p>	<p>23/30</p>  <p>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 11:15 – 12:15 PTSD 12:45 – 1:45 Exercise 12:45 – 1:45 Basic Computers 1:00 – 2:00 Typing 101 2:00 – 3:00 Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 4:00 – 6:00</p>	<p>24/31</p>  <p>Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Basic Computers 11:15 – 12:15 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Open Process 1:00 – 2:00 Social Skills 2:15 – 3:15 Achieving Goals 2:00 – 3:00 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00</p>	<p>25</p> <p>WRC South Closed in Observance of Christmas</p>  <p><i>Season's Greetings</i></p>	<p>26</p>  <p>Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 11:00 – 12:00 Housing 12:45 – 1:45 Recreation 1:45 – 5:00</p>

