

Calendar January 2010

CSHC Wellness & Recovery Center South

7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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


































Revised: 12/24/09

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY NEW YEAR!</p>				<p>1</p> <p>WRC South Closed in Observance of New Years</p>	<p>2</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Life Skills: 11:00 – 12:00</p> <p>Budgeting: 12:45 – 1:45</p> <p>Recreation: 1:45 – 5:00</p>
<p>4</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Recovery from Mental Illness 10:15 – 11:15</p> <p>Women's Anger Mgmt 11:15 – 12:15</p> <p>Nutrition: 12:45 – 1:45</p> <p>Creative Writing 1:00 – 2:00</p> <p>Exercise 1:45 – 2:45</p> <p>Depression Support 2:00 – 3:00</p> <p>Meditation 3:00 – 4:00</p> <p>Recreation 4:00 – 6:00</p>	<p>5</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Community Outing/Nature 10:15 – 12:15</p> <p>Employment Coaching 11:00 – 12:00</p> <p>Sac Port : 11:15 – 12:15</p> <p>Dealing with Anxiety 12:45 – 1:45</p> <p>Meditation: 1:00 – 2:00</p> <p>Self Esteem 1:45 – 2:45</p> <p>Poetry 3:00 – 4:00</p> <p>Recreation: 4:00 – 6:00</p>	<p>6</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Healing 10:15 – 11:15</p> <p>Yoga: 10:30 am – 11:30am</p> <p>Men's Anger Management 11:15 – 12:15</p> <p>Sac Port 11:15 – 12:15</p> <p>PTSD 12:45 – 1:45</p> <p>Exercise 12:45 – 1:45</p> <p>Basic Computers 1:00 – 2:00</p> <p>Typing 101 2:00 – 3:00</p> <p>Arts and Crafts: 1:45 – 2:45</p> <p>Bi-Polar Support 2:45 – 3:45</p> <p>Recreation 4:00 – 6:00</p>	<p>7</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Senior & Elderly Support 10:30 – 11:30</p> <p>Basic Computers 11:15 – 12:15</p> <p>Sac Port 11:15 – 12:15</p> <p>Peer Guide Meeting 12:45 – 1:15</p> <p>Co-Dependency 1:00 – 2:00</p> <p>Crossroads Employment 1:15 – 2:15</p> <p>Life Skills 2:15 – 3:15</p> <p>Achieving Goals 2:00 – 3:00</p> <p>Current Affairs 3:15 – 4:15</p> <p>Recreation 4:15 – 6:00</p>	<p>8</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Changing Habits 10:15 – 11:15</p> <p>Schizophrenia Support 10:15 – 11:15</p> <p>DRA 11:15 – 12:15</p> <p>Sac Port 11:15 – 12:15</p> <p>Boundaries & Social Skills 12:45 – 1:45</p> <p>Dealing with Loss 1:15 – 2:15</p> <p>Typing 101 1:30 – 2:30</p> <p>WRC Center South All Staff Meeting Center Closed at 2:30</p>	<p>9</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Life Skills: 11:00 – 12:00</p> <p>Budgeting: 12:45 – 1:45</p> <p>Recreation: 1:45 – 5:00</p>

NEW GROUPS: Poetry, Life Skills, Budgeting, Co-Dependency & Boundaries and Social Skills, NA & Yoga **GROUPS REMOVED:** Alcohol & Drugs, Thursday Open Process & Social Skills

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 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  Narcotics Anonymous 12:00 pm – 1:00 pm 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	12 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 Poetry 3:00 – 4:00 Recreation: 4:00 – 6:00	13 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Yoga: 10:30 am – 11:30am 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	14 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 Co-Dependency: 1:00 – 2:00 Crossroads Employment 1:15 – 2:15 Life Skills: 2:15 – 3:15 Achieving Goals 2:00 – 3:00  Current Affairs: 3:15 – 4:15 Recreation 4:15 – 6:00	15 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 & Social Skills 12:45 – 1:45 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	16  Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Life Skills: 11:00 – 12:00  Budgeting: 12:45 – 1:45  Recreation: 1:45 – 5:00
18/25 <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> WRC South Closed on the 18th in observance of Martin Luther King </div> 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 Narcotics Anonymous 12:00 pm – 1:00 pm  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	19/26 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 Poetry: 3:00 – 4:00  Recreation: 4:00 – 6:00	20/27 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Yoga: 10:30 am – 11:30am 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	21/28 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 Co-Dependency: 1:00 – 2:00 Crossroads Employment 1:15 – 2:15 Life Skills 2:15 – 3:15 Achieving Goals: 2:00 – 3:00 Current Affairs 3:15 – 4:15 Recreation: 4:15 – 6:00	22/29 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 & Social Skills 12:45 – 1:45 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	23/30  Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Life Skills 11:00 – 12:00  Budgeting: 12:45 – 1:45  Recreation: 1:45 – 5:00 

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