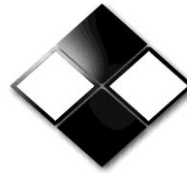


Calendar

Wellness & Recovery Center South










7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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













Revised: 7/1/09

July 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 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 	3 Matinee Friday All Day Games All Day Karaoke Upon Request 	4 WRC South Closed in Observance of Independence Day 
6 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	7 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 WRAP at WRC North 2:30 – 4:00	8 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 Symptom Management 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	9 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 	10 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 Symptom Management 11:15 – 12:15 Performing Arts 1:00 – 2:00 WRC South Staff Meeting – Closed at 2:30 pm 	11 Matinee Saturday All Day Games All Day Karaoke Upon Request 

NEW GROUPS: Meditation and Sac Port Symptom Management

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 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	14 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 WRAP at WRC North 2:30 – 4:00	15 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 Symptom Management 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	16 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 	17 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 Symptom Management 11:15 – 12:15 Performing Arts 1:00 – 2:00 Meditation 2:00 – 3:00 Movies/Social Time 3:00 – 6:00 	18 Matinee Saturday All Day Games All Day Karaoke Upon Request Pool Tournament 2:15 – 4:15 
20/27 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	21/28 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 WRAP at WRC North 2:30 – 4:00	22/29 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 Symptom Management 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	23/30 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 	24/31 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 Symptom Management 11:15 – 12:15 July Birthday Lunch and Celebration 12:15 – 2:15 Movies/Social Time 2:15 – 6:00 	25 Matinee Saturday All Day Games All Day Karaoke Upon Request 

July 2009



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