

# Calendar July 2010

## CSHC Wellness & Recovery Center South

7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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







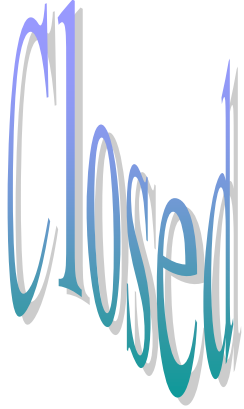






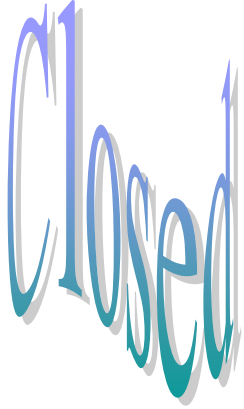
Revised: 6/23/10

# July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Current Affairs 10:15 – 11:15 Alcohol and Drugs 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Open Forum with Bill 2:00 – 3:00  Recreation 3:00 – 5:00	<b>2</b> Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 Performing Arts 2:00 – 3:00 Recreation: 3:00 - 5:00	<b>3</b> Closed
<b>5</b> WRC South Closed in observance of Independence Day 	<b>6</b> Morning Meeting 10:00 – 10:15 Current Affairs 10:15 – 11:15 Sac Port : 11:15 – 12:15 Self Esteem 1:00 – 2:00 Achieving Goals 2:00 – 3:00 Recreation: 3:00 – 5:00 	<b>7</b> 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 Alcohol & Drugs 12:30 – 1:30 Peer Guide Meeting 2:00 – 3:00  Recreation: 2:00 – 5:00	<b>8</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Current Affairs 10:15 – 11:15 Arts & Crafts 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Open Forum with Bill 2:00 – 3:00  Recreation 3:00 – 5:00	<b>9</b> Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 WRC South Staff Meeting Center Closed at 2:30	<b>10</b> Closed

NEW GROUPS: Performing Arts, Schizophrenia Support, 2<sup>nd</sup> Current Affairs & Open Forum with Bill REMOVED GROUPS: Typing, Poetry & Co-dependency

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>  <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Recovery from Mental Illness</b> <b>10:15 – 11:15</b> <b>Schizophrenia Support</b> <b>10:15 – 11:15</b> <b>Women's Anger Management</b> <b>11:15 – 12:15</b> <b>Narcotics Anonymous (Hosting)</b> <b>12:00 – 1:00</b> <b>Men's Anger Management</b> <b>12:45 – 1:45</b> <b>Arts and Crafts: 1:30 – 2:30</b> <b>Open Process</b> <b>2:30 – 3:30</b> <b>Recreation</b> <b>3:30 – 5:00</b> 	<b>13</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Current Affairs</b> <b>10:15 – 11:15</b> <b>Sac Port : 11:15 – 12:15</b> <b>Self Esteem</b> <b>1:00 – 2:00</b> <b>Achieving Goals</b> <b>2:00 – 3:00</b> <b>Recreation: 3:00 – 5:00</b> 	<b>14</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Healing</b> <b>10:15 – 11:15</b> <b>Men's Anger Management</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b> <b>Arts &amp; Crafts</b> <b>1:00 – 2:00</b> <b>Peer Guide Meeting</b> <b>2:00 – 3:00</b>  <b>Recreation: 3:00 – 5:00</b> 	<b>15</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Woman's Anger Management</b> <b>10:15 – 11:15</b> <b>Current Affairs</b> <b>10:15 – 11:15</b> <b>Alcohol and Drugs</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b> <b>Achieving Goals</b> <b>12:45 – 1:45</b> <b>Open Forum with Bill</b> <b>2:00 – 3:00</b>  <b>Recreation</b> <b>3:00 – 5:00</b> 	<b>16</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b>  <b>Creative Writing</b> <b>10:15 – 11:15</b> <b>DRA (Hosting)</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b>  <b>Basic Computers</b> <b>1:00 – 2:00</b> <b>Performing Arts 2:00 – 3:00</b> <b>Recreation: 3:00 – 5:00</b> 	<b>17</b> 
<b>19/26</b>  <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Recovery from Mental Illness</b> <b>10:15 – 11:15</b> <b>Schizophrenia Support</b> <b>10:15 – 11:15</b> <b>Women's Anger Management</b> <b>11:15 – 12:15</b> <b>Narcotics Anonymous (Hosting)</b> <b>12:00 – 1:00</b> <b>Men's Anger Management</b> <b>12:45 – 1:45</b> <b>Arts and Crafts: 1:30 – 2:30</b> <b>Open Process</b> <b>2:30 – 3:30</b> <b>Recreation</b> <b>3:30 – 5:00</b> 	<b>20/27</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Current Affairs</b> <b>10:15 – 11:15</b> <b>Sac Port : 11:15 – 12:15</b> <b>Self Esteem</b> <b>1:00 – 2:00</b> <b>Achieving Goals</b> <b>2:00 – 3:00</b> <b>Recreation: 3:00 – 5:00</b> 	<b>21/28</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Healing</b> <b>10:15 – 11:15</b> <b>Men's Anger Management</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b> <b>Arts &amp; Crafts</b> <b>1:00 – 2:00</b> <b>Peer Guide Meeting</b> <b>2:00 – 3:00</b>  <b>Recreation: 3:00 – 5:00</b> 	<b>22/29</b> <b>Morning Meeting</b> <b>10:00 – 10:15</b> <b>Woman's Anger Management</b> <b>10:15 – 11:15</b> <b>Current Affairs</b> <b>10:15 – 11:15</b> <b>Alcohol and Drugs</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b> <b>Achieving Goals</b> <b>12:45 – 1:45</b> <b>Open Forum with Bill</b> <b>2:00 – 3:00</b>  <b>Recreation</b> <b>3:00 – 5:00</b> 	<b>23/30</b>  <b>Morning Meeting</b> <b>10:00 – 10:15</b>  <b>Creative Writing</b> <b>10:15 – 11:15</b> <b>DRA (Hosting)</b> <b>11:15 – 12:15</b> <b>Sac Port</b> <b>11:15 – 12:15</b>  <b>Basic Computers</b> <b>1:00 – 2:00</b> <b>Performing Arts 2:00 – 3:00</b> <b>Recreation: 3:00 – 5:00</b> 	<b>24/31</b> 

**July 2010**



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