

# Calendar May 2010

## CSHC Wellness & Recovery Center South

7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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
























Revised: 4/26/10

# MAY 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>  Morning Meeting <b>10:00 – 10:15</b> Open Process <b>10:15 – 11:15</b>  Current Affairs <b>11:15 – 12:15</b> Matinee Saturday <b>12:30 – 2:45</b>  Recreation: <b>2:45 – 5:00</b>
<b>3</b> Morning Meeting <b>10:00 – 10:15</b> Recovery from Mental Illness <b>10:15 – 11:15</b> Women's Anger Management <b>11:15 – 12:15</b> Narcotics Anonymous (Hosting) <b>12:00 – 1:00</b> Men's Anger Management <b>12:45 – 1:45</b> Creative Writing <b>12:45 – 1:45</b>  Alcohol and Drugs <b>1:00 – 2:00</b> Arts and Crafts: <b>1:30 – 2:30</b> Basic Computers <b>2:00 – 3:00</b>  Recreation <b>4:00 – 6:00</b>	<b>4</b> Morning Meeting <b>10:00 – 10:15</b> Typing <b>10:15 – 11:15</b> Sac Port : <b>11:15 – 12:15</b> Resources <b>12:45 – 1:45</b> Self Esteem <b>1:45 – 2:45</b> Achieving Goals <b>2:00 – 3:00</b> Poetry <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b> 	<b>5</b> Morning Meeting <b>10:00 – 10:15</b> Healing <b>10:15 – 11:15</b> Body Awareness: <b>10:15 – 11:15</b> Men's Anger Management <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> PTSD <b>12:45 – 1:45</b> Nutrition <b>12:45 – 1:45</b> Arts & Crafts <b>1:00 – 2:00</b> Peer Guide Meeting <b>2:00 – 3:00</b> Depression Support <b>3:00 – 4:00</b>  Intermediate Computers <b>3:15 – 4:15</b> Recreation: <b>4:15 – 6:00</b>	<b>6</b>  Morning Meeting <b>10:00 – 10:15</b> Woman's Anger Management <b>10:15 – 11:15</b> Typing <b>10:15 – 11:15</b> Alcohol and Drugs <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> Consumer Forum <b>1:30 – 3:30</b>  Recreation <b>3:30 – 6:00</b>	<b>7</b> Morning Meeting <b>10:00 – 10:15</b> Schizophrenia Support <b>10:15 – 11:15</b> Creative Writing <b>10:15 – 11:15</b> DRA (Hosting) <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> Meditation <b>12:45 – 1:45</b> Boundaries & Social Skills <b>12:45 – 1:45</b> Dealing with Loss <b>1:15 – 2:15</b>  Poetry <b>2:00 – 3:00</b> Basic Computers <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b>	<b>8</b>  Morning Meeting <b>10:00 – 10:15</b> Open Process <b>10:15 – 11:15</b>  Current Affairs <b>11:15 – 12:15</b> Matinee Saturday <b>12:30 – 2:45</b>  Recreation: <b>2:45 – 5:00</b>

NEW GROUPS: Nutrition, 2<sup>nd</sup> Men's Anger Management REMOVED GROUPS: Community Outing, Anxiety & CBT

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>10</b>  Morning Meeting <b>10:00 – 10:15</b> Recovery from Mental Illness <b>10:15 – 11:15</b> Women's Anger Management <b>11:15 – 12:15</b> Narcotics Anonymous (Hosting) <b>12:00 – 1:00</b> Men's Anger Management <b>12:45 – 1:45</b> Creative Writing <b>12:45 – 1:45</b>  Alcohol and Drugs <b>1:00 – 2:00</b> Arts and Crafts: <b>1:30 – 2:30</b> Basic Computers <b>2:00 – 3:00</b>  Recreation <b>4:00 – 6:00</b>	<b>11</b> Morning Meeting <b>10:00 – 10:15</b> Typing <b>10:15 – 11:15</b> Sac Port : <b>11:15 – 12:15</b> Resources <b>12:45 – 1:45</b> Self Esteem <b>1:45 – 2:45</b> Achieving Goals <b>2:00 – 3:00</b> Poetry <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b> 	<b>12</b> Morning Meeting <b>10:00 – 10:15</b> Healing <b>10:15 – 11:15</b> Body Awareness: <b>10:15 – 11:15</b> Men's Anger Management <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> PTSD <b>12:45 – 1:45</b> Exercise <b>12:45 – 1:45</b> Arts & Crafts <b>1:00 – 2:00</b> Peer Guide Meeting <b>2:00 – 3:00</b> Depression Support <b>3:00 – 4:00</b>  Intermediate Computers <b>3:15 – 4:15</b> Recreation: <b>4:15 – 6:00</b>	<b>13</b>  Morning Meeting <b>10:00 – 10:15</b> Woman's Anger Management <b>10:15 – 11:15</b> Typing <b>10:15 – 11:15</b> Alcohol and Drugs <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b>  <b>WRC South Closed Today at 12:30 pm</b>	<b>14</b>  Morning Meeting <b>10:00 – 10:15</b> Schizophrenia Support <b>10:15 – 11:15</b> Creative Writing <b>10:15 – 11:15</b> DRA (Hosting) <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> Meditation <b>12:45 – 1:45</b> Boundaries & Social Skills <b>12:45 – 1:45</b> Dealing with Loss <b>1:15 – 2:15</b>  Poetry <b>2:00 – 3:00</b> Basic Computers <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b>	<b>15</b> Morning Meeting <b>10:00 – 10:15</b> Open Process <b>10:15 – 11:15</b>  Current Affairs <b>11:15 – 12:15</b> Matinee Saturday <b>12:30 – 2:45</b>  Recreation: <b>2:45 – 5:00</b>
<b>17/24/31</b>  Morning Meeting <b>10:00 – 10:15</b> Recovery from Mental Illness <b>10:15 – 11:15</b> Women's Anger Management <b>11:15 – 12:15</b> Narcotics Anonymous (Hosting) <b>12:00 – 1:00</b> Men's Anger Management <b>12:45 – 1:45</b>  Creative Writing <b>12:45 – 1:45</b> Alcohol and Drugs <b>1:00 – 2:00</b> Arts and Crafts: <b>1:30 – 2:30</b> Basic Computers <b>2:00 – 3:00</b>  Recreation <b>4:00 – 6:00</b>	<b>18/25</b> Morning Meeting <b>10:00 – 10:15</b> Typing <b>10:15 – 11:15</b> Sac Port : <b>11:15 – 12:15</b> Resources <b>12:45 – 1:45</b> Self Esteem <b>1:45 – 2:45</b> Achieving Goals <b>2:00 – 3:00</b> Poetry <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b> 	<b>19/26</b> Morning Meeting <b>10:00 – 10:15</b> Healing <b>10:15 – 11:15</b> Body Awareness: <b>10:15 – 11:15</b> Men's Anger Management <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> PTSD <b>12:45 – 1:45</b> Exercise <b>12:45 – 1:45</b> Arts & Crafts <b>1:00 – 2:00</b> Peer Guide Meeting <b>2:00 – 3:00</b> Depression Support <b>3:00 – 4:00</b>  Intermediate Computers <b>3:15 – 4:15</b> Recreation: <b>4:15 – 6:00</b>	<b>20/27</b>  Morning Meeting <b>10:00 – 10:15</b> Woman's Anger Management <b>10:15 – 11:15</b> Typing <b>10:15 – 11:15</b> Alcohol and Drugs <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b> Achieving Goals <b>12:45 – 1:45</b> Open Process <b>1:15 – 2:15</b> Co-Dependency <b>2:00 – 3:00</b> Current Affairs <b>3:00 – 4:00</b>  Recreation <b>4:00 – 6:00</b>	<b>21/28</b> Morning Meeting <b>10:00 – 10:15</b> Schizophrenia Support <b>10:15 – 11:15</b> Creative Writing <b>10:15 – 1:15</b> DRA (Hosting) <b>11:15 – 12:15</b> Sac Port <b>11:15 – 12:15</b>  Meditation <b>12:45 – 1:45</b> Boundaries & Social Skills <b>12:45 – 1:45</b> Dealing with Loss <b>1:15 – 2:15</b>  Poetry <b>2:00 – 3:00</b> Basic Computers <b>3:00 – 4:00</b> Recreation: <b>4:00 – 6:00</b>	<b>22/29</b> Morning Meeting <b>10:00 – 10:15</b> Open Process <b>10:15 – 11:15</b>  Current Affairs <b>11:15 – 12:15</b> Matinee Saturday <b>12:30 – 2:45</b>  Recreation: <b>2:45 – 5:00</b>

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