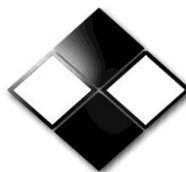


Calendar

Wellness & Recovery Center South


















7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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



Revised: 10/28/09



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 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>3 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>Basic Computers 1:00 – 2:00</p> <p>Self Esteem 1:45 – 2:45</p> <p>Alcohol and Drug 3:00 – 4:00</p> <p>Recreation 4:00 – 6:00</p>	<p>4 Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</p> <p>Healing 10:15 – 11:15</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>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>Meditation 3:00 – 4:00</p> <p>Recreation 4:00 – 6:00</p>	<p>5 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>Open Process 1:00 – 2:00</p> <p>Social 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>6 Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15</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 12:45 – 1:45</p> <p>Spanish 1:00 – 2:00</p> <p>Dealing with Loss 1:15 – 2:15</p> <p>Typing 101 1:30 – 2:30</p> <p>Open Process 2:15 – 3:15</p> <p>Power of Thought 3:00 – 4:00</p> <p>Recreation 3:15 – 6:00</p>	<p>7</p>  <p>Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15</p> <p>Life Skills/Budgeting 11:00 – 12:00</p> <p>Housing 12:45 – 1:45</p> <p>Recreation 1:45 – 5:00</p>
<p>9 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>10 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>Basic Computers 1:00 – 2:00</p> <p>Self Esteem 1:45 – 2:45</p> <p>Alcohol and Drug 3:00 – 4:00</p> <p>Recreation 4:00 – 6:00</p>	<p>11</p> <p>WRC South Closed in Observance of Veterans' Day</p> 	<p>12 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>Open Process 1:00 – 2:00</p> <p>Crossroads Employment 1:15 – 2:15</p> <p>Social 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>13 Coffee/Morning Snacks 9:00 – 10:00</p> <p>Morning Meeting 10:00 – 10:15</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 12:45 – 1:45</p> <p>Spanish 1:00 – 2:00</p> <p>Dealing with Loss 1:15 – 2:15</p> <p>Typing 101 1:30 – 2:30</p> <p>Open Process 2:15 – 3:15</p> <p>Power of Thought 3:00 – 4:00</p> <p>Recreation 3:15 – 6:00</p>	<p>14</p> <p>Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15</p> <p>Life Skills/Budgeting 11:00 – 12:00</p> <p>Housing 12:45 – 1:45</p> <p>Recreation 1:45 – 5:00</p>

NEW GROUPS: Basic Computers, Typing 101, Creative Writing, Depression Support, Power of Thought, Meditation, Achieving Goals, Employment Coaching, Changing Habits

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>16 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>17</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 Basic Computers 1:00 – 2:00 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>18 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 Typing 101 2:00 – 3:00</p>  <p>Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Meditation 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>19</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>20 Coffee/Morning Snacks 9:00 – 10:00</p>  <p>Morning Meeting 10:00 – 10:15 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</p> <p>WRC South Staff Meeting Center Closed at 2:30</p>	<p>21 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>23/30</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>24</p> <p>All WRC Members Thanksgiving Celebration: ALL DAY ACTIVITY Join us at Wellness & Recovery Center South 7000 Franklin Blvd., Suite #110 (916) 394-9195</p> 	<p>25</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 Typing 101 2:00 – 3:00 Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Meditation 3:00 – 4:00 Recreation 4:00 – 6:00</p>	<p>26/27</p> <p>WRC South Closed in Observance of Thanksgiving</p> 	<p>28</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>	

November 2009



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