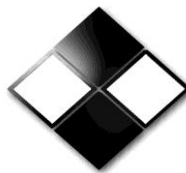


Calendar

Wellness & Recovery Center South





7000 Franklin Blvd Ste 110, Sacramento, CA 95823

Phone: (916) 394-9195 Fax: (916) 382-2827























October 2009

Revised: 9/22/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Open Process 11:30 – 12:30 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Crossroads Employment Housing 1:15 – 2:15 Social Skills 2:15 – 3:15 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	2 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 11:15 – 12:15 Boundaries 12:15 – 1:15 Dealing with Loss 1:15 – 2:15 Open Process 2:15 – 3:15 Recreation 3:15 – 6:00	3  Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15  Community Outing/Nature 11:00 – 1:00 Recreation 1:00 – 5:00
5 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 Exercise 1:45 – 2:45 Recreation 2:45 – 6:00	6 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 10:15 – 11:15  Housing 11:15 – 12:15 Sac Port 11:15 – 12:15 Dealing with Anxiety & Depression 12:45 – 1:45 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00	7 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  Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 3:45 – 6:00	8 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Open Process 11:30 – 12:30 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Social Skills 2:15 – 3:15 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	9 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 11:15 – 12:15  Boundaries 12:15 – 1:15 Dealing with Loss 1:15 – 2:15 Open Process 2:15 – 3:15 Recreation 3:15 – 6:00	10 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15  Community Outing/Nature 11:00 – 1:00 Recreation 1:00 – 5:00

NEW GROUPS: Crossroads Employment Housing, Time Management & Transportation

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 Columbus Day WRC Closed 	13  Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 10:15 – 11:15  Housing 11:15 – 12:15 Sac Port 11:15 – 12:15 Dealing with Anxiety and Depression 12:45 – 1:45 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00	14 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  Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 3:45 – 6:00	15  Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Open Process 11:30 – 12:30 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15 Crossroads Employment Time Management 1:15 – 2:15 Social Skills 2:15 – 3:15 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	16 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 11:15 – 12:15  Boundaries 12:15 – 1:15 Dealing with Loss 1:15 – 2:15 WRC South Staff Meeting Center Closed at 2:30	17 Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15  Community Outing/Nature 11:00 – 1:00 Recreation 1:00 – 5:00 
19/26  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 Exercise 1:45 – 2:45 Recreation 2:45 – 6:00	20/27 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Life Skills/Budgeting 10:15 – 11:15  Housing 11:15 – 12:15 Sac Port 11:15 – 12:15 Dealing with Anxiety and Depression 12:45 – 1:45 Self Esteem 1:45 – 2:45 Alcohol and Drug 3:00 – 4:00 Recreation 4:00 – 6:00	21/28  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 Arts and Crafts 1:45 – 2:45 Bi-Polar Support 2:45 – 3:45 Recreation 3:45 – 6:00	22/29 Coffee/Morning Snacks 9:00 – 10:00  Morning Meeting 10:00 – 10:15 Senior & Elderly Support 10:30 – 11:30 Open Process 11:30 – 12:30 Sac Port 11:15 – 12:15 Peer Guide Meeting 12:45 – 1:15  Crossroads Employment: Transportation (29th only) 1:15 – 2:15 Social Skills 2:15 – 3:15 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	23/30 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 11:15 – 12:15  Boundaries 12:15 – 1:15 Dealing with Loss 1:15 – 2:15 Open Process 2:15 – 3:15 Recreation/September Birthday Celebration 3:15 – 6:00	24/31  Coffee/Morning Snacks 9:00 – 10:00 Morning Meeting 10:00 – 10:15  Community Outing/Nature 11:00 – 1:00 Recreation 1:00 – 5:00 