

# Calendar

## Wellness & Recovery Center South


7000 Franklin Blvd Ste 110, Sacramento, CA 95823

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



September  
2009

Revised: 8/20/09

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

**NEW GROUPS:** Self Esteem, Alcohol and Drug, Housing, Dealing with Anxiety and Depression, Recreation, PTSD, Boundaries, Community Outing/Nature

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>14</b> 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	<b>15</b> 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	<b>16</b> 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	<b>17</b> 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 Ready for Work 1:15 – 2:15 Social Skills 2:15 – 3:15 Current Affairs 3:15 – 4:15 Recreation 4:15 – 6:00	<b>18</b> 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 <b>CSH Staff            Meeting.            Center Closed            at 2:30</b>	<b>19</b> 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
<b>21/28</b> 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	<b>22/29</b> 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	<b>23/30</b> 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	<b>24</b> 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	<b>25</b> 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	<b>26</b> 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

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