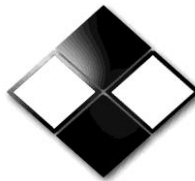


# Calendar



Revised 06/30/09

# JULY 2009

## Wellness & Recovery Center North

3815 Marconi Avenue, Suite #1, Sacramento, CA 95821













































Phone: (916) 485-4175

Fax: (916) 485-2673

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MHSa - WRCN</b></p> <p>Collaboration Wellness Focused</p> <p>Cultural Competence</p> <p>Member Driven Supportive</p>	<p><b>1</b></p> <p>Self Esteem Group 10:00 – 11:00</p> <p>Dialectical Therapy: DBT 11:00 – 12:30</p> <p>Dual Recovery Anonymous 12:00 – 1:00</p> <p>Art Expression Group 12:00 - 1:00</p> <p><b>SacPort: Medication Mgmt</b> 12:00-1:00</p> <p>Bipolar Support 1:00 – 2:00</p> <p>Meditate &amp; Share 2:00 – 3:00</p> <p>Neurobiology &amp; Neurotransmitters 3:00 - 4:00</p> <p>Cognitive Therapy: CBT 4:30 – 6:00</p>	<p><b>2</b></p> <p>RST Orientation: 9:30 AM</p> <p>Life Management Skills 9:30 – 10:30</p> <p>Women's Anger Management 11:00 – 12:00</p> <p>Performing Arts Group 12:00 – 2:00</p> <p>Depression Support 2:00 – 3:00</p> <p>Art Expression 3:00 – 4:30</p> <p><b>WRAP Session #8</b> Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>3</b></p> <p>Open Activity 11:30 – 1:00</p> <p>Open Movement Group 1:00 - 2:00</p> <p>Men's Anger Management 1:00 - 2:00</p> <p>Matinee Friday 2:30 – 4:00</p>	<p><b>4</b></p> <p><b>WRCN CLOSED</b> In Observance of</p> <p><b>INDEPENDENCE DAY</b></p>	
<p><b>6</b></p> <p>RST Orientation: 9:30 &amp; 2:00</p> <p>Walk For Health 10:00 – 11:00</p> <p><b>DreamCatchers:</b> Orientation at 10AM &amp; Employment Prep. at 10:30AM</p> <p>Women's Empowerment 11:00 – 12:00</p> <p><b>SacPort: Medication Mgmt</b> 12:00-1:00</p> <p>Journaling 2:00 – 3:00</p> <p>PTSD Support 4:30 – 5:30</p> <p><b>Al-Anon Family Groups</b> 6:00 – 7:00</p>	<p><b>7</b></p> <p>Depression Support 10:00 – 11:00</p> <p>PTSD Support 11:00 – 12:00</p> <p>Dual Recovery Anonymous 12:00 – 1:00</p> <p><b>SacPort: Conversation Skills</b> 12:00 – 1:00</p> <p>Gentle Yoga 1:00 – 2:00</p> <p>Speaking Peace 2:00 – 3:00</p> <p>WRAP Session #9 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>8</b></p> <p>Self Esteem Group 10:00 – 11:00</p> <p>Dialectical Therapy: DBT 11:00 – 12:30</p> <p>Dual Recovery Anonymous 12:00 – 1:00</p> <p>Art Expression Group 12:00 - 1:00</p> <p><b>SacPort: Medication Mgmt</b> 12:00-1:00</p> <p>Bipolar Support 1:00 – 2:00</p> <p>Meditate &amp; Share 2:00 – 3:00</p> <p>Neurobiology &amp; Neurotransmitters 3:00 - 4:00</p> <p><b>WRC Steering Committee Mtg.</b> <b>ALL MEMBERS WELCOME</b> 3:15 – 4:45</p> <p>Cognitive Therapy: CBT 4:30 – 6:00</p>	<p><b>9</b></p> <p>RST Orientation: 9:30 AM</p> <p>Life Management Skills 9:30 – 10:30</p> <p>Women's Anger Management 11:00 – 12:00</p> <p>Performing Arts Group 12:00 – 2:00</p> <p>SacPort: Conversation Skills 12:00 – 1:00</p> <p>Depression Support 2:00 – 3:00</p> <p><b>WRAP Session #10</b> Wellness Recovery Action Plan 3:15 – 4:45</p> <div style="border: 1px solid black; padding: 5px;"> <p>Thursdays 6:00 – 7:00 For WRC Medication Appointments Only</p> </div>	<p><b>10</b></p> <p>Self Esteem 10:00 – 11:00</p> <p>Writing as a Path To Healing 11:00 – 12:30</p> <p>Open Movement Therapy 1:00 - 2:00</p> <p>Men's Anger Management 1:00 - 2:00</p> <p>Peer Support 2:30 – 3:30</p> <div style="border: 1px solid black; padding: 5px;"> <p>Computer Lab <b>RESERVED</b> Job Development Thursdays 2:00 – 3:30</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Fridays 5:00 – 7:00 For WRC Medication Appointments Only</p> </div>	<p><b>11</b></p> <p>Assertiveness Training 10:30-11:30</p> <p>Open Activity 11:30 – 1:00</p> <p>Matinee Saturday 1:00 – 3:45</p> <p>Meditate &amp; Share 4:00 – 5:00</p> <p>WRCN Library 10:00 – 6:00</p>

**NEW GROUPS:** Certified WRAP, SacPort: Conversation Skills & Medication Management, Speaking Peace, DreamCatchers Orientation & Job Development!

**Membership & Registration FREE! NEW HOURS:** MON 9AM-7PM, TUE, WED, THUR 9AM-6PM, FRI 10AM-5PM, & SAT 10AM-6PM (CLOSED SUNDAYS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>13</b> RST Orientation: 9:30 &amp; 2:00 Walk For Health 10:00 – 11:00 DreamCatchers: Orientation at 10AM &amp; Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00 SacPort: Medication Mgmt 12:00-1:00</p>  <p>Journaling 2:00 – 3:00 Meditate &amp; Share 3:00 – 4:00</p>  <p>PTSD Support 4:30 – 5:30</p>  <p>AI-Anon Family Groups 6:00 – 7:00</p>	<p><b>14</b></p>  <p>Depression Support 10:00 – 11:00</p>  <p>PTSD Support 11:00 – 12:00</p>  <p>Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Conversation Skills 12:00 – 1:00</p>  <p>Gentle Yoga 1:00 – 2:00</p>  <p>WRAP Session #11 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>15</b> Self Esteem Group 10:00 – 11:00 Dialectical Therapy: DBT 11:00 – 12:30</p>  <p>Dual Recovery Anonymous 12:00 – 1:00</p>  <p>Art Expression Group 12:00 - 1:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00</p>  <p>Bipolar Support 1:00 – 2:00 Meditate &amp; Share 2:00 – 3:00 Neurobiology &amp; Neurotransmitters 3:00 - 4:00 Cognitive Therapy: CBT 4:30 – 6:00</p>	<p><b>16</b> RST Orientation: 9:30 AM Life Management Skills 9:30 – 10:30 Women's Anger Management 11:00 – 12:00</p>  <p>Performing Arts Group 12:00 – 2:00 SacPort: Conversation Skills 12:00 – 1:00</p>  <p>Depression Support 2:00 – 3:00</p>  <p>WRAP Session #12 Wellness Recovery Action Plan 3:15 – 4:45</p> <p><b>Thursdays 6:00 – 7:00</b> For WRC Medication Appointments Only</p>	<p><b>17</b> Self Esteem 10:00 – 11:00</p>  <p>Writing as a Path To Healing 11:00 – 12:30 Men's Anger Management 1:00-2:00</p>  <p>Peer Support 2:30 – 3:30</p> <p><b>BINGO</b> 3:30 – 4:30</p> <p>Computer Lab <b>RESERVED</b> Job Development Thursdays 2:00 – 3:30</p> <p>Fridays 5:00 – 7:00 For WRC Medication Appointments Only</p>	<p><b>18</b> Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>Peer Support 4:00 5:00</p>  <p>WRCN Library 10:00 – 6:00</p>  <p><i>Happiness is just a thought away!</i></p>
<p><b>20/27</b> RST Orientation: 9:30 &amp; 2:00</p>  <p>Walk For Health 10:00 – 11:00 DreamCatchers: Orientation at 10AM &amp; Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00 Journaling 2:00 – 3:00</p>  <p>Meditate &amp; Share 3:00 – 4:00</p>  <p>PTSD Support 4:30 – 5:30 AI-Anon Family Groups 6:00 – 7:00</p>	<p><b>21/28</b></p> <p>Open Activity 9:00 – 10:00 Depression Support 10:00 – 11:00</p>  <p>PTSD Support 11:00 – 12:00 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Conversation Skills 12:00 – 1:00</p>  <p>Gentle Yoga 1:00 – 2:00</p>  <p>Speaking Peace (07/21/09 only) 2:00 – 3:00 WRAP Session #13 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>22/29</b> Self Esteem Group 10:00 – 11:00 Dialectical Therapy: DBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>Art Expression Group 12:00 - 1:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00 Bipolar Support 1:00 – 2:00</p>  <p>Meditate &amp; Share 2:00 – 3:00 Neurobiology &amp; Neurotransmitters 3:00 - 4:00</p> <p>WRC Steering Committee Mtg. (07/22/09 only) 3:15 – 4:45 Cognitive Therapy: CBT 4:30 – 6:00</p>	<p><b>23/30</b> RST Orientation 9:30 AM Life Management Skills 9:30 – 10:30 Women's Anger Management 11:00 – 12:00 Performing Arts Group 12:00 – 2:00</p>  <p>SacPort: Conversation Skills 12:00 – 1:00 Depression Support 2:00 – 3:00 Literacy Support (07/30/09 only) 3:00 – 4:00</p>  <p>Art Expression 3:00 – 4:30 WRAP Session #14 Wellness Recovery Action Plan 3:15 – 4:45</p> <p><b>Thursdays 6:00 – 7:00</b> For WRC Medication Appointments Only</p>	<p><b>24/31</b> Self Esteem 10:00 – 11:00</p>  <p>Writing as a Path To Healing 11:00 – 12:30</p>  <p>Open Movement Therapy (07/24/09 only) 1:00 - 2:00 Men's Anger Management 1:00-2:00</p>  <p>Peer Support 2:30 – 3:30</p> <p>Computer Lab <b>RESERVED</b> Job Development Thursdays 2:00 – 3:30</p> <p>Fridays 5:00 – 7:00 For WRC Medication Appointments Only</p>	<p><b>25</b></p>  <p>Assertiveness Training 10:30-11:30</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>3 Principles for Mental Health! 4:00 5:30</p>  <p>WRCN Library</p> 

July 2009



WRC North 3815 Marconi Ave., Ste #1, Sacramento CA 95821 Phone: (916) 485-4175

CALL FOR UPDATES! NEW HOURS: MON 9AM-7PM, TUE, WED, THUR 9AM-6PM, FRI 10AM-5PM & SAT 10AM-6PM [www.consumersselfhelp.org](http://www.consumersselfhelp.org)