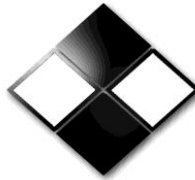


Calendar

MHSA Wellness & Recovery Center North

3815 Marconi Avenue, Suite #1, Sacramento, CA 95821
 Phone: (916) 485-4175 Fax: (916) 485-2673



Revised 07/30/09




















































AUGUST
2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p>Open Gay & Lesbian Meet & Greet Support Activity 10:30 – 12:00</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 WRCN Library 10:00 – 5:45</p>

<p>3 RST Orientation: 9:30 AM Walk For Health 10:00 – 11:00 DreamCatchers: Orientation at 10AM & Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00</p> <p>SacPort: Medication Mgmt 12:00-1:00</p> <p>Journaling 2:00 – 3:00</p> <p>Meditate & Share 3:00 - 4:00 PTSD Support 4:30 – 5:30 AI-Anon Family Groups 6:00 – 7:00</p>	<p>4 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>Speaking Peace 2:00 – 3:00 WRAP ORIENTATION Group Wellness Recovery Action Plan 3:15 – 4:15</p>	<p>5</p> <p>WRC OPEN FORUM ALL MEMBERS WELCOME 10:00 – 12:30</p> <p>Dual Recovery Anonymous 12:00 – 1:00</p> <p>Bipolar Support 12:30 – 2:00 Meditate & Share 2:00 – 3:00</p> <p>Art Expression Group 3:00 – 4:00</p> <p>Art Of Happiness 4:00 – 5:00</p>	<p>6 RST Orientation: 9:30 AM</p> <p>Life Management Skills 10:00 – 11:00</p> <p>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>Art Expression Group 3:00 – 4:30</p> <div style="border: 1px solid black; padding: 5px;"> <p>Thursdays 6:00 – 7:00 WRC Medication Appt. Only</p> </div>	<p>7 Self Esteem 10:00 – 11:00</p> <p>Writing as a Path To Healing 11:00 – 12:30</p> <p>Open Movement Group 1:00 - 2:00</p> <p>Men's Anger Management 1:00 – 2:00</p> <p>Healthy Boundaries 3:45 – 4:45</p> <div style="border: 1px solid black; padding: 5px;"> <p>Computer Lab RESERVED Job Development Fridays 2:00 – 3:30</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Fridays 5:00 – 7:00 WRC Medication Appt. Only</p> </div>	<p>8</p> <p>Assertiveness Training 10:30-11:30</p> <p>Special Open Activity 11:30 – 1:00</p> <p>Matinee Saturday 1:00 – 3:45</p> <p>Meditate & Share 4:00 – 5:00</p> <p>WRCN Library 10:00 – 5:45</p>
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NEW GROUPS: Certified WRAP, Art Of Happiness, Healthy Boundaries, Speaking Peace, Open Movement, DreamCatchers Job Development & Right Relationships!

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>10 RST Orientation: 9:30 AM Walk For Health 10:00 – 11:00 DreamCatchers: Orientation at 10AM & 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 & 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>11  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 #1 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p>12 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 10:30 – 12:00 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00 Bipolar Support 12:30 – 2:00 Meditate & Share 2:00 – 3:00</p>  <p>WRC Steering Committee Mtg. ALL MEMBERS WELCOME 3:15 – 4:45 Art Expression Group 3:00 – 4:00</p>  <p>Art Of Happiness 4:00 – 5:00</p>	<p>13 RST Orientation: 9:30 AM</p>  <p>Life Management Skills 10:00 – 11:00</p>  <p>Women's Anger Management 11:00 – 12:00</p>  <p>Performing Arts Group 12:00 – 2:00 SacPort: Conversation Skills 12:00 – 1:00 Depression Support 2:00 – 3:00 Art Expression 3:00 – 4:30</p>  <p>WRAP Session #2 3:15 – 4:45</p> <p>Thursdays 6:00 – 7:00 WRC Medication Appt. Only</p>	<p>14 Self Esteem 10:00 – 11:00 Writing as a Path To Healing 11:00 – 12:30</p>  <p>Open Movement Group 1:00 - 2:00 Men's Anger Management 1:00-2:00 Right Relationship 2:30 – 3:30</p>  <p>BINGO 3:30 – 4:30</p>  <p>Healthy Boundaries 3:45 – 4:45</p> <p>Computer Lab RESERVED Job Development Fridays 2:00 – 3:30</p> <p>Fridays 5:00 – 7:00 WRC Medication Appt. Only</p>	<p>15  Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>MCT Biochemistry & You! 4:00 5:30</p>  <p>WRCN Library 10:00 – 5:45</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p><i>It's okay to beee Happy each moment!</i></p> </div>
<p>17/24/31 RST Orientation: 9:30</p>  <p>Walk For Health 10:00 – 11:00 DreamCatchers: Orientation at 10AM & Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00</p>  <p>Journaling 2:00 – 3:00</p>  <p>Meditate & Share 3:00 - 4:00</p>  <p>PTSD Support 4:30 – 5:30 AI-Anon Family Groups 6:00 – 7:00</p>	<p>18/25 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 (08/18/09 only) 2:00 – 3:00</p>  <p>WRAP Session #3 & #5 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p>19/26 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 10:30 – 12:00 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00 Bipolar Support 1:00 – 2:00</p>  <p>Meditate & Share 2:00 – 3:00 Art Expression Group 3:00 – 4:00</p>  <p>Art Of Happiness 4:00 – 5:00</p>  <p>WRC Steering Committee Mtg. (08/26/09 only) 3:15 – 4:45</p>	<p>20/27 RST Orientation 9:30 AM Life Management Skills 10:00 – 11:00</p>  <p>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</p>  <p>Art Expression 3:00 – 4:30</p>  <p>WRAP Session #4 & #6 Wellness Recovery Action Plan 3:15 – 4:45</p> <p>Thursdays 6:00 – 7:00 WRC Medication Appt. Only</p>	<p>24/31 Self Esteem 10:00 – 11:00</p>  <p>Writing as a Path To Healing 11:00 – 12:30</p>  <p>Open Movement Group 1:00 - 2:00 Men's Anger Management 1:00-2:00</p>  <p>Right Relationship 2:30 – 3:30</p>  <p>Healthy Boundaries 3:45 – 4:45</p> <p>Computer Lab RESERVED Job Development 2:00 – 3:30</p> <p>Fridays 5:00 – 7:00 WRC Medication Appt. Only</p>	<p>22/29 (CLOSED the 22nd)</p>  <p>Assertiveness Training 10:30-11:30 (08/29/09)</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>Peer Support 4:00 5:00</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>WRCN CLOSED 08/22/09 for Cleaning!</p> </div>

August 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