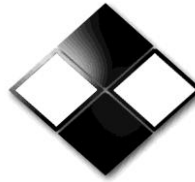


Calendar

MHSA Wellness & Recovery Center North

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

Phone: (916) 485-4175 Fax: (916) 485-2673



Revised 12/01/09
























































December

2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Depression Support: 10:00 – 11:00 PTSD Support: 11:00 – 12:00 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Recreation & Leisure 12:00 – 1:00 Art Expression: 1:00 - 2:00 Speaking Peace: 2:00 – 3:00 Walk or Movement For Health: 2:00 – 3:00 WRAP: Session #7: 3:15 – 4:45	2 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Symptom Mgmt 12:00 - 1:00 Bipolar Support: 12:30 – 2:00 Meditate & Share: 2:00 – 3:00 Art Of Happiness: 3:00 – 4:00 Sing-A-Long & Poetry: 4:00 – 5:30	3 Open Gentle Yoga: 10:00 – 11:00 Life Management Skills 10:00 – 11:00 Women's Anger Mgmt. 11:00 – 12:00 SacPort: Recreation & Leisure 12:00 – 1:00 Art Expression: 12:00 - 1:00 Women's Wisdom: 1:00 – 2:00 Depression Support: 2:00 – 3:00 WRAP Session #8: 3:15 – 4:45 Medication Appt. Only: 6:00 – 7:00	4 Self Esteem: 10:00 – 11:00 Writing as a Path To Healing 11:00 – 12:30 Open Movement Group 1:00 – 2:00 Men's Anger Management 1:00 – 2:00 Right Relationship: 2:30 – 3:30 Healthy Boundaries 3:45 – 4:45 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Computer Lab RESERVED Job Development 2:00 – 3:30 </div> Medication Appt. Only: 5:00 – 7:00	5 Open Activity 11:30 – 1:00 Matinee Saturday 1:00 – 3:45 Drumming Group 4:00 – 5:00 WRCN Computer Lab 10:00 – 5:45
	7 DreamCatchers: Orientation at 10AM & Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00 SacPort: Symptom Mgmt 12:00 - 1:00 CROSSROADS: Inter-Personal Skills 1:00 – 2:00 Journaling: 2:00 – 3:00 Meditate & Share: 3:00 - 4:00 PTSD Support: 4:00 – 5:00 Al-Anon Family Groups 6:00 – 7:00	8 Depression Support 10:00 – 11:00 PTSD Support: 11:00 – 12:00 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Recreation & Leisure 12:00 – 1:00 Art Expression: 1:00 - 2:00 Walk or Movement For Health: 2:00 – 3:00 WRAP: Session #9 3:15 – 4:45	2 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Symptom Mgmt 12:00 - 1:00 Bipolar Support: 12:30 – 2:00 Meditate & Share: 2:00 – 3:00 Art Of Happiness: 3:00 – 4:00 Sing-A-Long & Poetry 4:00 – 5:30	10 Gentle Yoga 10:00 – 11:00 Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00 SacPort: Recreation & Leisure 12:00 – 1:00 Art Expression: 12:00 - 1:00 Women's Wisdom: 1:00 – 2:00 Depression Support: 2:00 – 3:00 WRAP: Session #10 3:15 – 4:45 Medication Appt. Only: 6:00 – 7:00	11 Self Esteem 10:00 – 11:00 Writing as a Path To Healing 11:00 – 12:30 Open Movement Group 1:00 – 2:00 Men's Anger Management 1:00 – 2:00 <div style="border: 1px solid black; padding: 5px; text-align: center;"> WRCN TO CLOSE AT: 3:00 PM TODAY </div>

NEW GROUPS: Spiritual U, Open Organizational Meeting, Crossroads: interpersonal Skills, Sing-A-Long & Poetry, SacPort: Recreation & Leisure!

Membership & Registration FREE! NEW HOURS: MON 9AM-7PM, TUE, WED, TH 9AM-6PM, FRI 9:30AM-5PM, & SAT 10AM-6PM (CLOSED SUNDAYS)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p>  <p>DreamCatchers: Orientation at 10AM & Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00 SacPort: Symptom Mgmt 12:00-1:00</p>  <p>Spiritual U 1:00 – 2:00</p>  <p>Journaling: 2:00 – 3:00</p>  <p>Meditate & Share: 3:00 – 4:00</p>  <p>PTSD Support: 4:00 – 5:00 Al-Anon Family Groups 6:00 – 7:00</p>	<p>15</p>  <p>Depression Support 10:00 – 11:00 PTSD Support: 11:00 – 12:00</p>  <p>Dual Recovery Anonymous 12:00 – 1:00 SacPort: Recreation & Leisure 12:00 – 1:00</p>  <p>Art Expression Group 1:00 – 2:00</p>  <p>Speaking Peace: 2:00 – 3:00</p>  <p>Walk or Movement For Health: 2:00 – 3:00</p>  <p>WRAP: Session #11 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p>16</p> <p>Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Symptom Mgmt 12:00 - 1:00 Bipolar Support: 12:30 – 2:00</p>  <p>Meditate & Share: 2:00 – 3:00</p>  <p>Art Of Happiness: 3:00 – 4:00</p>  <p>WRCN Organization Mtg. ALL MEMBERS WELCOME 3:00 – 4:00</p>  <p>Sing-A-Long & Poetry: 4:00 – 5:30</p>	<p>17</p>  <p>Gentle Yoga: 10:00 – 11:00</p>  <p>Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00</p>  <p>SacPort: Recreation & Leisure 12:00 – 1:00</p>  <p>Art Expression: 12:00 - 1:00</p>  <p>Women's Wisdom: 1:00 – 2:00</p>  <p>Depression Support: 2:00 – 3:00 WRAP: Session #12 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00</p>	<p>18</p>  <p>WINTER SOLSTICE GATHERING: 11AM – 2PM Men's Anger Management 1:00-2:00</p>  <p>Open Activity 2:30 – 3:30</p>  <p>Healthy Boundaries 3:45 – 4:45</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 5px auto;"> <p>Computer Lab RESERVED Job Development 2:00 – 3:30</p> </div> <p>Medication Appt. Only: 5:00 – 7:00</p>	<p>19</p>  <p>Open Activity 11:30 – 1:00 Matinee Saturday 1:00 – 3:45 MCT Biochemistry & You! 4:00 – 5:30</p>  <p>WRCN Computer Lab 10:00 – 5:45</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p><i>Reflection leads to insight that brings mental clarity.</i></p> </div>
<p>21/28</p> <p>DreamCatchers: Orientation at 10AM & Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00</p>  <p>SacPort: Symptom Mgmt 12:00 - 1:00</p>  <p>CROSSROADS: Symptom Management (12/21/09 Only) 1:00 – 2:00</p>  <p>Spiritual U (12/28/09 Only) 1:00 – 2:00</p>  <p>Journaling: 2:00 – 3:00</p>  <p>Meditate & Share: 3:00 - 4:00 PTSD Support: 4:00 – 5:00 Al-Anon Family Groups 6:00 – 7:00</p>	<p>22</p> <p>Open Activity and Winter Reflection Day!</p> <p>29 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: Recreation & Leisure 12:00 – 1:00</p>  <p>Art Expression: 1:00 - 2:00</p>  <p>Walk or Movement For Health: 2:00 – 3:00</p>  <p>WRAP: Session #9 3:15 – 4:45</p>	<p>23/30</p> <p>Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30</p>  <p>Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Symptom Mgmt 12:00 - 1:00</p>  <p>Bipolar Support: 12:30 – 2:00</p>  <p>Meditate & Share: 2:00 – 3:00</p>  <p>Art Of Happiness 3:00 – 4:00</p>  <p>Sing-A-Long & Poetry: 4:00 – 5:30</p>	<p>24/31</p> <p>Gentle Yoga 10:00 – 11:00</p>  <p>Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00</p>  <p>SacPort: Recreation & Leisure 12:00 – 1:00</p>  <p>Art Expression: 12:00 - 1:00</p>  <p>Women's Wisdom 1:00 – 2:00</p>  <p>Depression Support: 2:00 – 3:00</p>  <p>WRAP: Session #10 3:15 – 4:45 Medication Appt. Only: 6:00 – 7:00</p>	<p>25</p> <div style="background-color: #4a7ebb; color: white; padding: 20px; text-align: center;"> <p>WRCN CLOSED IN OBSERVANCE OF WINTER HOLIDAY</p> </div>	<p>26</p>  <p>Assertiveness Training 10:30-11:30</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45 MCT 3 Principles for Mental Health! 4:00 5:30</p>  <p>WRCN Library 10:00 – 5:45</p>

December 2009

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CALL FOR UPDATES! NEW HOURS: MON 9AM-7PM, TUE, WED, TH 9AM-6PM, FRI 9:30AM-5PM & SAT 10AM-6PM www.consumersselfhelp.org