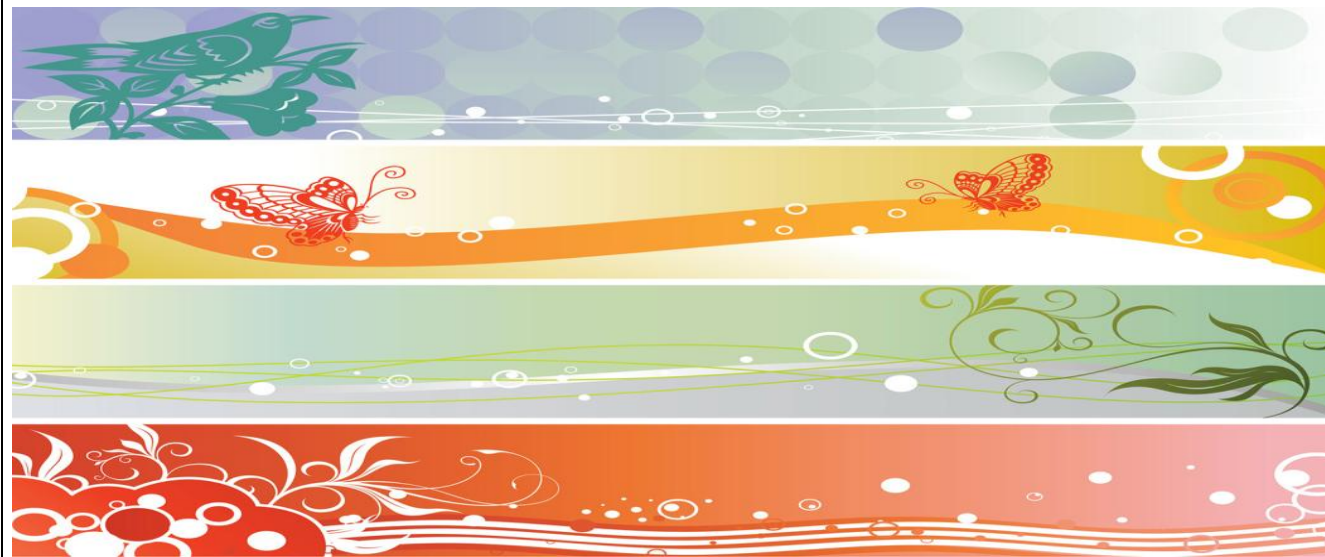


Monday Tuesday Wednesday Thursday Friday Saturday



1

WRCN CLOSED

NEW YEAR'S DAY OBSERVED

2

Open Activity
11:30 – 1:00

Matinee Saturday
1:00 – 3:45

Emotions Anonymous®

Orientation: 1:00 PM &
Step Tradition: 1:30 – 2:30

Peer Support
3:30 4:30

WRCN Computer Lab
10:00 – 5:45

4

Women's Empowerment
11:00 – 12:00

SacPort: Symptom Mgmt
12:00 - 1:00

CROSSROADS:
Income & Benefits
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

5

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 #1: 3:15 – 4:45

6

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

DreamCatchers:
Orientation at 1 PM &
Employment Prep. at 1:30 PM

Meditate & Share: 2:00 – 3:00

Art Of Happiness: 3:00 – 4:00

Sing-A-Long & Poetry: 4:00 – 5:30

7

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 #2
3:15 – 4:45

Medication Appt. Only: 6:00 – 7:00

8

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

Computer Lab RESERVED
Job Development 2:00 – 3:30

Medication Appt. Only: 6:00 – 7:00

9

Open Activity
11:30 – 1:00
























































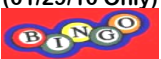






Emotions Anonymous®

Orientation: 1:00 PM &
Step Tradition: 1:30 – 2:30

Assertiveness Training
12:00 – 1:00

Matinee Saturday
1:00 – 3:45

Meditate & Share
4:00 – 5:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">Computer Lab CLOSED All Day for Cleaning</div> Women's Empowerment 11:00 – 12:00 SacPort: Symptom Mgmt 12:00-1:00  Spiritual U 1:00 – 2:00  Journaling: 2:00 – 3:00  Meditate & Share: 3:00 – 4:00  PTSD Support: 4:00 – 5:00  AI-Anon Family Groups 6:00 – 7:00	12  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 Group 1:00 - 2:00  Speaking Peace: 2:00 – 3:00  Walk or Movement For Health: 2:00 – 3:00  WRAP: Session #3 Wellness Recovery Action Plan 3:15 – 4:45	13 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  DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM  Meditate & Share: 2:00 – 3:00  Art Of Happiness: 3:00 – 4:00  Sing-A-Long & Poetry: 4:00 – 5:30	14  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 #4 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00	15 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; margin-top: 10px;">Computer Lab RESERVED Job Development 2:00 – 3:30</div> Medication Appt. Only: 5:00 – 7:00	16  Open Activity 11:30 – 1:00 Matinee Saturday 1:00 – 3:45  Emotions Anonymous* Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30  Life Management Skills 4:00 – 5:00 <div style="border: 1px solid black; padding: 10px; margin-top: 10px; text-align: center;">  <i>The clouds of life eventually disperse to reveal the warmth of life.</i> </div>
18 WRCN CLOSED In observance of MLK Jr. HOLIDAY	19/26 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 #5 & #7 3:15 – 4:45  Men's Empowerment (01/26/10 Only) 4:00 – 5:00	20/27 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  DreamCatchers: Orientation at 1 PM & Employment Prep. at 1:30 PM  Meditate & Share: 2:00 – 3:00  Art Of Happiness 3:00 – 4:00  Sing-A-Long & Poetry: 4:00 – 5:30	21/28  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 #6 & #8 3:15 – 4:45 Medication Appt. Only: 6:00 – 7:00	22/29 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 (01/29/10 Only)  BINGO (01/22/10 Only) 2:30 – 3:30  Healthy Boundaries 3:45 – 4:45 <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">Computer Lab RESERVED Job Development 2:00 – 3:30</div> Medication Appt. Only: 5:00 – 7:00	23/30  Open Activity 11:30 – 1:00  Assertiveness Training (01/23/10 Only) 12:00-1:00  Emotions Anonymous* Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30 Matinee Saturday 1:00 – 3:45  MCT 3 Principles for Mental Health! (01/30/10 Only) 4:00 5:30  WRCN Library: 10:00 – 5:45