

Revised 02/24/10

March 2010

**CSHC 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>1</b> <b>3 Principles for Mental Health!</b> 10:00 - 11:00</p> <p> <b>Women's Empowerment</b> 11:00 - 12:00</p> <p> <b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p> <p> <b>Mindfulness For Here &amp; Now</b> 1:00 - 1:30</p> <p> <b>Journaling:</b> 2:00 - 3:00</p> <p><b>Meditate &amp; Share:</b> 3:00 - 4:00</p> <p> <b>PTSD Support:</b> 4:00 - 5:00</p>	<p><b>2</b> <b>Depression Support:</b> 10:00 - 11:00</p> <p><b>PTSD Support:</b> 11:00 - 12:00</p> <p> <b>Dual Recovery Anonymous</b> 12:00 - 1:00</p> <p> <b>SacPort: Basic Conversation</b> 12:00 - 1:00</p> <p> <b>Art Expression:</b> 1:00 - 2:00</p> <p> <b>Speaking Peace:</b> 2:00 - 3:00</p> <p> <b>Walk or Movement :</b> 2:00 - 3:00</p> <p> <b>WRAP (Wellness Recovery Action Plan):Session #1</b> 3:15 - 4:45</p>	<p><b>3</b> <b>Self Esteem Group:</b> 10:00 - 11:00</p> <p><b>Blended Therapy: DBT/CBT</b> 11:00 - 12:30</p> <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p> <p> <b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p> <p><b>Bipolar Support:</b> 12:30 - 2:00</p> <p> <b>DreamCatcher:</b> <b>Orientation at 1 PM &amp; Employment Prep.</b> at 1:30 PM</p> <p> <b>Meditate &amp; Share:</b> 2:00 - 3:00</p> <p> <b>Art Of Happiness:</b> 3:00 - 4:00</p> <p><b>Sing-A-Long &amp; Poetry:</b> 4:00 - 5:30</p>	<p><b>4</b> <b>Gentle Yoga</b> 10:00 - 11:00</p> <p> <b>Life Management Skills</b> 10:00 - 11:00</p> <p><b>Women's Anger Management</b> 11:00 - 12:00</p> <p> <b>SacPort: Basic Conversation</b> 12:00 - 1:00</p> <p> <b>Art Expression:</b> 12:00 - 1:00</p> <p> <b>Women's Wisdom:</b> 1:00 - 2:00</p> <p><b>Depression Support:</b> 2:00 - 3:00</p> <p><b>WRAP: Session #2</b> 3:15 - 4:45</p> <p><b>Medication Appt. Only:</b> 6:00 - 7:00</p>	<p><b>5</b> <b>Self Esteem</b> 10:00 - 11:00</p> <p> <b>Writing as a Path To Healing</b> 11:00 - 12:30</p> <p><b>Open Movement Group</b> 1:00 - 2:00</p> <p> <b>Men's Anger Management</b> 1:00 - 2:00</p> <p> <b>Right Relationship:</b> 2:30 - 3:30</p> <p><b>Healthy Boundaries</b> 3:45 - 4:45</p> <p><b>Computer Lab RESERVED</b> <b>Job Development 2:00 - 3:30</b></p> <p><b>Medication Appt. Only:</b> 6:00 - 7:00</p>	<p><b>6</b> <b>Farmers Market</b> 10:30 - 12:00</p> <p> <b>Matinee Saturday</b> 1:00 - 3:45</p> <p> <b>Emotions Anonymous*</b></p> <p><b>Orientation: 1:00 PM &amp; Step Tradition:</b> 1:30 - 2:30</p> <p> <b>Peer Support:</b> 3:00 4:00</p> <p> <b>Computer Lab Support</b> 1:00 - 3:00</p>
<p><b>8</b> <b>CROSSROADS: Employment Workshop:</b> 10:00 - 11:00</p> <p><b>Computer Lab CLOSED ALL DAY FOR CLEANING</b></p> <p><b>Women's Empowerment</b> 11:00 - 12:00</p> <p> <b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p> <p> <b>Spiritual U:</b> 1:00 - 2:00</p> <p> <b>Journaling:</b> 2:00 - 3:00</p> <p> <b>Meditate &amp; Share:</b> 3:00 - 4:00</p> <p> <b>PTSD Support:</b> 4:00 - 5:00</p>	<p><b>9</b> <b>Depression Support:</b> 10:00 - 11:00</p> <p><b>PTSD Support:</b> 11:00 - 12:00</p> <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p> <p> <b>SacPort: Basic Conversation</b> 12:00 - 1:00</p> <p> <b>Art Expression:</b> 1:00 - 2:00</p> <p> <b>Walk or Movement For Health:</b> 2:00 - 3:00</p> <p> <b>WRAP: Session #3</b> 3:15 - 4:45</p> <p> <b>WRCN Tours Training (03/09/10 Only)</b> 4:00 - 5:00</p>	<p><b>10</b> <b>Self Esteem Group:</b> 10:00 - 11:00</p> <p> <b>Blended Therapy: DBT/CBT</b> 11:00 - 12:30</p> <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p> <p> <b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p> <p><b>Bipolar Support:</b> 12:30 - 2:00</p> <p> <b>DreamCatcher:</b> <b>Orientation at 1 PM &amp; Employment Prep.</b> at 1:30 PM</p> <p> <b>Meditate &amp; Share:</b> 2:00 - 3:00</p> <p> <b>Art Of Happiness:</b> 3:00 - 4:00</p> <p><b>Sing-A-Long &amp; Poetry:</b> 4:00 - 5:30</p>	<p><b>11</b> <b>Gentle Yoga</b> 10:00 - 11:00</p> <p> <b>Life Management Skills</b> 10:00 - 11:00</p> <p><b>Women's Anger Management</b> 11:00 - 12:00</p> <p> <b>SacPort: Basic Conversation</b> 12:00 - 1:00</p> <p> <b>Art Expression:</b> 12:00 - 1:00</p> <p> <b>Women's Wisdom:</b> 1:00 - 2:00</p> <p><b>Depression Support:</b> 2:00 - 3:00</p> <p><b>WRAP: Session #4</b> 3:15 - 4:45</p> <p><b>Medication Appt. Only:</b> 6:00 - 7:00</p>	<p><b>12</b> <b>Self Esteem</b> 10:00 - 11:00</p> <p> <b>Writing as a Path To Healing</b> 11:00 - 12:30</p> <p><b>Open Movement Group</b> 1:00 - 2:00</p> <p> <b>Men's Anger Management</b> 1:00 - 2:00</p> <p><b>WRCN: CLOSED AT 2:00 PM TODAY!</b></p> <p> </p>	<p><b>13</b> <b>NAMI Peer-to-Peer</b> <small>National Alliance on Mental Illness</small></p> <p><b>Session #1:</b> 11:00 - 1:00</p> <p> <b>Emotions Anonymous*</b></p> <p><b>Orientation: 1:00 PM &amp; Step Tradition:</b> 1:30 - 2:30</p> <p> <b>Matinee Saturday</b> 1:00 - 3:45</p> <p> <b>Assertiveness Training</b> 3:00 - 4:00</p> <p> <b>Meditate &amp; Share</b> 4:00 - 5:00</p> <p><b>Computer Lab Support:</b> 1:00 - 3:00</p>

**NEW GROUPS: Mindfulness, Computer Lab Support, WRCN Tour Training, NAMI Peer to Peer- must pre-register!**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>15</b></p>  <p><b>Crossroads: Benefits Planning</b> 10:00 - 11:00</p>  <p><b>Women's Empowerment</b> 11:00 - 12:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p>  <p><b>Mindfulness For Here &amp; Now</b> 1:00 - 1:30</p>  <p><b>Journaling: 2:00 - 3:00</b></p>  <p><b>Meditate &amp; Share: 3:00 - 4:00</b></p>  <p><b>PTSD Support:</b> 4:00 - 5:00</p>	<p><b>16</b></p>  <p><b>ALL MEMBERS WELCOME!</b> CSHC Open Mtg.: 9:00 - 10:00</p>  <p><b>Depression Support: 10:00 - 11:00</b> <b>PTSD Support: 11:00 - 12:00</b></p>  <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p>  <p><b>SacPort: Basic Conversation</b> 12:00 - 1:00</p>  <p><b>Art Expression: 1:00 - 2:00</b></p>  <p><b>Speaking Peace: 2:00 - 3:00</b></p>  <p><b>Walk or Movement For Health:</b> 2:00 - 3:00</p>  <p><b>WRAP (Wellness Recovery Action Plan): Session #5</b> 3:15 - 4:45</p>	<p><b>17</b> Self Esteem Group: 10:00 - 11:00</p>  <p><b>Blended Therapy: DBT/CBT</b> 11:00 - 12:30</p> <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p>  <p><b>Bipolar Support: 12:30 - 2:00</b></p>  <p><b>DreamCatchers:</b> Orientation at 1 PM &amp; Employment Prep. at 1:30 PM</p>  <p><b>Meditate &amp; Share: 2:00 - 3:00</b></p>  <p><b>Art Of Happiness: 3:00 - 4:00</b></p>  <p><b>Sing-A-Long &amp; Poetry: 4:00 - 5:30</b></p>	<p><b>18</b></p>  <p><b>Gentle Yoga: 10:00 - 11:00</b></p>  <p><b>Life Management Skills</b> 10:00 - 11:00</p> <p><b>Women's Anger Management</b> 11:00 - 12:00</p>  <p><b>SacPort: Basic Conversation</b> 12:00 - 1:00</p>  <p><b>Art Expression: 12:00 - 1:00</b></p>  <p><b>Women's Wisdom: 1:00 - 2:00</b></p>  <p><b>Depression Support: 2:00 - 3:00</b></p>  <p><b>WRAP: Session #6</b> 3:15 - 4:45</p> <p><b>Medication Appt. Only: 5:00 - 7:00</b></p>	<p><b>19</b></p> <p><b>Self Esteem:</b> 10:00 - 11:00</p>  <p><b>Writing as a Path To Healing</b> 11:00 - 12:30</p>  <p><b>Open Movement Group</b> 1:00 - 2:00</p>  <p><b>Men's Anger Management</b> 1:00-2:00</p>  <p><b>Right Relationship: 2:30 - 3:30</b></p>  <p><b>Healthy Boundaries</b> 3:45 - 4:45</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Computer Lab RESERVED</b> Job Development 2:00 - 3:30</p> </div> <p><b>Medication Appt. Only: 5:00 - 7:00</b></p>	<p><b>20</b></p>  <p><b>Session #2: 11:00 - 1:00</b> <b>Matinee Saturday</b> 1:00 - 3:45</p>  <p><b>Orientation: 1:00 PM &amp; Step Tradition: 1:30 - 2:30</b></p>  <p><b>Life Management Skills</b> 4:00 - 5:00</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>A supportive friend on the path of health is a friend indeed.</p>  </div>  <p><b>Computer Lab Support: 1:00 - 3:00</b></p>
<p><b>22/29</b></p>  <p><b>CROSSROADS: Employment Workshop(03/22/10 Only):</b> 10:00 - 11:00</p>  <p><b>(03/29/10 Only)</b> <b>Special Art Group: 10 AM</b> <b>Women's Empowerment</b> 11:00 - 12:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p> <p><b>Mindfulness Here &amp; Now: 1:00 - 1:30</b> (03/29/10 Only)</p>  <p><b>Spiritual U: 1:00 - 2:00</b> (03/22/10 Only)</p>  <p><b>Journaling: 2:00 - 3:00</b></p>  <p><b>Meditate &amp; Share: 3:00 - 4:00</b> <b>PTSD Support: 4:00 - 5:00</b></p>	<p><b>23/30</b> Depression Support 10:00 - 11:00</p>  <p><b>PTSD Support: 11:00 - 12:00</b></p>  <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p>  <p><b>SacPort: Basic Conversation</b> 12:00 - 1:00</p> <p><b>Art Expression: 1:00 - 2:00</b> (03/23/10 Only)</p> <p><b>Open Activity: 1:00 - 2:00</b> (03/30/10 Only)</p>  <p><b>Walk or Movement For Health:</b> 2:00 - 3:00</p>  <p><b>WRAP: Session #7 &amp; 9</b> 3:15 - 4:45</p>  <p><b>Men's Empowerment (Last Tuesday Only)</b> 4:00 - 5:00</p>	<p><b>24/31</b> Self Esteem Group 10:00 - 11:00</p>  <p><b>Blended Therapy: DBT/CBT</b> 11:00 - 12:30</p> <p><b>Dual Recovery Anonymous</b> 12:00 - 1:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00 - 1:00</p>  <p><b>Bipolar Support: 12:30 - 2:00</b></p>  <p><b>DreamCatchers:</b> Orientation at 1 PM &amp; Employment Prep. at 1:30 PM</p>  <p><b>Meditate &amp; Share: 2:00 - 3:00</b> <b>Art Of Happiness: 3:00 - 4:00</b></p>  <p><b>Sing-A-Long &amp; Poetry:</b> 4:00 - 5:30</p>	<p><b>25</b></p>  <p><b>Gentle Yoga 10:00 - 11:00</b></p>  <p><b>Life Management Skills</b> 10:00 - 11:00</p> <p><b>Women's Anger Management</b> 11:00 - 12:00</p>  <p><b>SacPort: Basic Conversation</b> 12:00 - 1:00</p>  <p><b>Art Expression: 12:00 - 1:00</b></p>  <p><b>Women's Wisdom: 1:00 - 2:00</b></p>  <p><b>Depression Support: 2:00 - 3:00</b></p>  <p><b>WRAP: Session #8</b> 3:15 - 4:45</p> <p><b>Medication Appt. Only: 6:00 - 7:00</b></p>	<p><b>26</b></p> <p><b>Self Esteem:</b> 10:00 - 11:00</p>  <p><b>Writing as a Path To Healing</b> 11:00 - 12:30</p>  <p><b>Open Movement Group</b> 1:00 - 2:00</p>  <p><b>Men's Anger Management</b> 1:00-2:00</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>BINGO</b></p> <p>2:30 - 3:30</p>  </div> <p><b>Healthy Boundaries</b> 3:45 - 4:45</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Computer Lab RESERVED</b> Job Development 2:00 - 3:30</p> </div> <p><b>Medication Appt. Only: 5:00 - 7:00</b></p>	<p><b>27</b></p>  <p><b>Session #3: 11:00 - 1:00</b></p>  <p><b>Orientation: 1:00 PM &amp; Step Tradition: 1:30 - 2:30</b> <b>Matinee Saturday</b> 1:00 - 3:45</p>  <p><b>Assertiveness Training</b> 3:00-4:00</p>  <p><b>3 Principles for Mental Health!</b> 4:00 - 5:30</p>  <p><b>Computer Lab Support: 1:00 - 3:00</b></p>