

Calendar

MHSA Wellness & Recovery Center North






















































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

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







































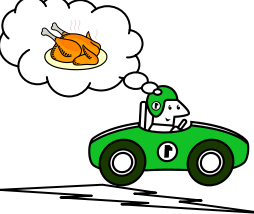





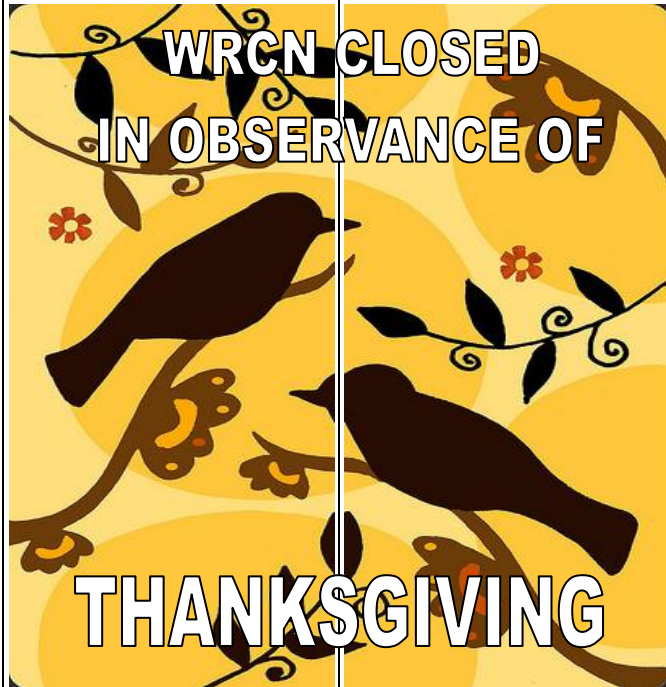






Revised 10/28/09

November
2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>2</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>Journaling: 2:00 – 3:00</p>  <p>Meditate & Share: 3:00 - 4:00</p>  <p>PTSD Support: 4:00 – 5:00</p>  <p>Al-Anon Family Groups 6:00 – 7:00</p>	<p>3</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: 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 #1: 3:15 – 4:45</p>	<p>4</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</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>5</p>  <p>Open Gentle Yoga: 10:00 – 11:00 Life Management Skills 10:00 – 11:00 Women's Anger Mgmt.: 11:00 – 12:00</p>  <p>SacPort: Recreation & Leisure 12:00 - 1:00</p>  <p>Speaking Peace: 12:00 – 1:00</p>  <p>Art Expression: 12:00 - 1:00</p>  <p>Women's Wisdom: 1:00 – 2:00 Depression Support: 2:00 – 3:00</p> <p>WRAP Session #2: 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00</p>	<p>6</p> <p>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</p>  <p>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> <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>7</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>Drumming Group 4:00 – 5:00</p>  <p>WRCN Computer Lab 10:00 – 5:45</p>	
<p>9</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: Skills to Manage Symptoms for Success at Work 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</p>  <p>Al-Anon Family Groups 6:00 – 7:00</p>	<p>10</p>  <p>Bowling Outing (RSVP Only): 10 AM 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 #3 3:15 – 4:45</p>	<p>11</p> <p>WRCN CLOSED IN OBSERVANCE OF VETERANS DAY</p>  <p>REMEMBRANCE</p>		<p>12</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 #4 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00</p>	<p>13</p> <p>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</p>  <p>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> <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>14</p>  <p>CoDA Sponsorship Workshop 10:00 – 12:00</p>  <p>Open Activity 11:30 – 1:00</p>  <p>Assertiveness Training 1:00-2:00</p>  <p>Matinee Saturday 1:00 – 3:45</p>  <p>Meditate & Share 4:00 – 5:00</p>

NEW GROUPS: Spiritual U, Open Executive Director Meeting, Drumming Group, Sing-A-Long & Poetry, SacPort: Recreation & Leisure!

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>16</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>Journaling: 2:00 - 3:00</p>  <p>Meditate & Share: 3:00 - 4:00</p>  <p>PTSD Support: 4:00 - 5:00</p>  <p>Al-Anon Family Groups 6:00 - 7:00</p>	<p>17</p>  <p>Depression Support 10:00 - 11:00 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 Group 1:00 - 2:00</p>  <p>Walk or Movement For Health: 2:00 - 3:00</p>  <p>WRAP: Session #5 Wellness Recovery Action Plan 3:15 - 4:45</p>	<p>18</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>19</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>Speaking Peace: 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 #6 3:15 - 4:45 Medication Appt. Only: 5:00 - 7:00</p>	<p>20</p> <p>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</p>  <p>Right Relationship 2:30 - 3:30</p>  <p>BINGO 3:30 - 4:30</p>  <p>Healthy Boundaries 3:45 - 4:45</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Computer Lab RESERVED Job Development 2:00 - 3:30</p> </div> <p>Medication Appt. Only: 5:00 - 7:00</p>	<p>21</p>  <p>Open Activity 11:30 - 1:00 Matinee Saturday 1:00 - 3:45</p>  <p>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; margin-top: 10px;">  <p><i>Peace of Mind can overcome any mental obstacle and guide us towards well-being</i></p> </div>	
<p>23/30</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: Practicing Good Habits to Succeed at Work (11/23/09 Only) 1:00 - 2:00</p>  <p>Spiritual U (11/30/09 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>24</p>  <p>All WRC Members Thanksgiving Celebration: ALL DAY ACTIVITY</p>  <p>Join us at Wellness & Recovery Center South 7000 Franklin Blvd., Suite #110 (916) 394-9195 See flyer for more info (Some transport from WRCN available)</p> 	<p>25</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>26</p>  <p>WRCN CLOSED IN OBSERVANCE OF THANKSGIVING</p>		<p>27</p>	<p>28</p>  <p>Open Activity 11:30 - 1:00</p>  <p>Assertiveness Training 1:00-2:00</p>  <p>Matinee Saturday 1:00 - 3:45</p>  <p>3 Principles for Mental Health! 4:00 5:30</p>  <p>WRCN Library 10:00 - 5:45</p> 

November 2009 ❖ **WRC North 3815 Marconi Ave., Ste #1, Sacramento CA 95821 Phone: (916) 485-4175**

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