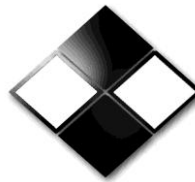


Calendar

MHSA Wellness & Recovery Center North

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



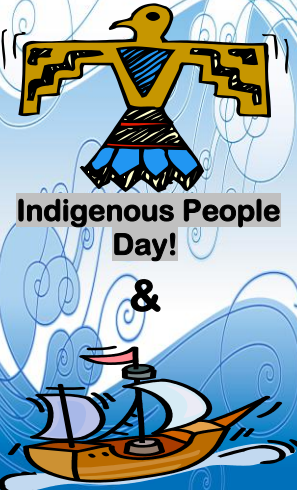





























































Revised 10/05/09

October
2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Open Gentle Yoga: 10:00 – 11:00 Life Management Skills 10:00 – 11:00 Women's Anger Mgmt.: 11:00 – 12:00 SacPort: Conversation Skills 12:00 – 1:00 Speaking Peace: 12:00 – 1:00 Art Expression: 12:00 - 1:00 Women's Wisdom: 1:00 – 2:00 Depression Support: 2:00 – 3:00 WRAP Orientation: 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00	2 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; width: fit-content; margin: 5px auto;"> Computer Lab RESERVED Job Development 2:00 – 3:30 </div> Medication Appt. Only: 5:00 – 7:00	3 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
5 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 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	6 Depression Support 10:00 – 11:00 PTSD Support: 11:00 – 12:00 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Conversation Skills 12:00 – 1:00 Art Expression Group 1:00 - 2:00 WRAP Make-Up Session 3:15 - 4:45	7 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00 SacPort: Medication 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	8 Gentle Yoga 10:00 – 11:00 Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00 SacPort: Conversation Skills 12:00 – 1:00 Art Expression: 12:00 - 1:00 Women's Wisdom 1:00 – 2:00 Depression Support: 2:00 – 3:00 WRAP Make-Up Session 3:15 - 4:45 Medication Appt. Only: 5:00 – 7:00	9 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; width: fit-content; margin: 5px auto;"> Computer Lab RESERVED Job Development 2:00 – 3:30 </div> Medication Appt. Only: 5:00 – 7:00	10 Assertiveness Training 10:30-11:30 Open Activity 11:30 – 1:00 Matinee Saturday 1:00 – 3:45 Meditate & Share 4:00 – 5:00 WRCN Library 10:00 – 5:45

NEW GROUPS: Women's Wisdom, In-Service: WRC Tours, Open Executive Director Meeting, Crossroads Time Management, Sing-A-Long & Poetry!

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 WRCN CLOSED IN OBSERVANCE OF:  Indigenous People Day! &  COLUMBUS DAY!	13  Depression Support 10:00 – 11:00  PTSD Support 11:00 – 12:00  Dual Recovery Anonymous 12:00 – 1:00  SacPort: Conversation Skills 12:00 – 1:00  Art Expression Group 1:00 – 2:00  WRAP Make-Up Session Wellness Recovery Action Plan 3:15 – 4:45	14 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00  SacPort: Medication Mgmt 12:00-1:00 Bipolar Support: 12:30 – 2:00  Meditate & Share: 2:00 – 3:00  Art Of Happiness: 3:00 – 4:00  WRCN Program Cord. Mtg. ALL MEMBERS WELCOME 3:00 – 4:00  Sing-A-Long & Poetry: 4:00 – 5:30	15 Gentle Yoga: 10:00 – 11:00  Life Management Skills 10:00 – 11:00 Women's Anger Management 11:00 – 12:00  SacPort: Conversation Skills: 12:00 – 1:00  Speaking Peace: 12:00 – 1:00  Art Expression: 12:00 - 1:00  Women's Wisdom: 1:00 – 2:00  Depression Support: 2:00 – 3:00 WRAP Make-Up Session 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00	16 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  3:30 – 4:30  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	17  Open Activity 11:30 – 1:00  Matinee Saturday 1:00 – 3:45 Biochemistry & You!  4:00 5:30  WRCN Computer Lab 10:00 – 5:45 <div style="border: 1px solid black; padding: 5px; text-align: center;">  <i>Wisdom is our inner guide to Wellness!</i> </div>
19/26  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  Art Of Happiness (10/19/09 Only) 1:00 – 2:00  Crossroads: Time Management (10/26/09 Only) 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	20/27  Depression Support 10:00 – 11:00  PTSD Support 11:00 – 12:00  Dual Recovery Anonymous 12:00 – 1:00 In-Service: WRC Tours (10/20/09 Only) 1:00 – 2:00  SacPort: Conversation Skills 12:00 – 1:00  Art Expression Group 1:00 – 2:00  WRAP Make-Up Session Wellness Recovery Action Plan 3:15 – 4:45	21/28 Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00  SacPort: Medication Mgmt 12:00-1:00  Bipolar Support: 12:30 – 2:00  Meditate & Share: 2:00 – 3:00  Art Of Happiness 3:00 – 4:00  CSHC Executive Director Mtg. ALL MEMBERS WELCOME (10/28/09 Only) 3:00 – 4:00  Sing-A-Long & Poetry: 4:00 – 5:30	22/29  Gentle Yoga: 10:00 – 11:00  Life Management Skills 10:00 – 11:00  Women's Anger Management 11:00 – 12:00  SacPort: Conversation Skills: 12:00 – 1:00  Art Expression: 12:00 - 1:00  Women's Wisdom 1:00 – 2:00 Depression Support 2:00 – 3:00  WRAP Make-Up Session 3:15 – 4:45 Medication Appt. Only: 5:00 – 7:00	23/30 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 WRCN CLOSSES AT 4:00 PM ON 10/23/09 ONLY 😊  Healthy Boundaries: 3:45 – 4:45 (10/30/09 Only) <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	24/31  Assertiveness Training 10:30-11:30 (10/24/09 Only)  Open Activity 11:30 – 1:00  Matinee Saturday 1:00 – 3:45  3 Principles for Mental Health! (10/31/09 Only) 4:00 5:30 

October 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, THUR 9AM-6PM, FRI 10AM-5PM & SAT 10AM-6PM www.consumersselfhelp.org