

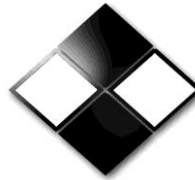
# Calendar

## MHSA Wellness & Recovery Center North

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

Phone: (916) 485-4175

Fax: (916) 485-2673



Revised 08/20/09























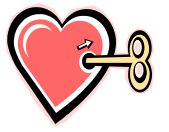
























September

2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 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  SSI – SSDI Benefits Crossroads Employment Svcs. 1:00 – 2:00  Speaking Peace 2:00 – 3:00 WRAP Session #7 Wellness Recovery Action Plan 3:15 – 4:45	<b>2</b> 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 Expression Group 3:00 – 4:00  Art Of Happiness 4:00 – 5:00	<b>3</b> Open Gentle Yoga 10:00 – 11:00 Life Management Skills 10:00 – 11:00  Women's Anger Management 11:00 – 12:00 Performing Arts Group 12:00 – 2:00 SacPort: Conversation Skills 12:00 – 1:00 Depression Support 2:00 – 3:00 Art Expression Group 3:00 – 4:30 WRAP Session #8 3:15 – 4:45 <div style="border: 1px solid black; padding: 2px;">Thursdays 6:00 – 7:00 WRC Medication Appt. Only</div>	<b>4</b> 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: 2px;">Computer Lab RESERVED Job Development 2:00 – 3:30</div> <div style="border: 1px solid black; padding: 2px;">Fridays 5:00 – 7:00 WRC Medication Appt. Only</div>	<b>5</b> Open Activity 11:30 – 1:00  Matinee Saturday 1:00 – 3:45  Open Drumming Group 4:00 – 5:30  WRCN Library 10:00 – 5:45
<b>7 WRCN CLOSED</b>  IN OBSERVANCE OF:  <b>LABOR DAY!</b>	<b>8</b> 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  Volunteer Team Building 1:00 – 2:00  WRAP Session #9 Wellness Recovery Action Plan 3:15 – 4:45	<b>9</b> 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 Expression Group 3:00 – 4:00  WRC Steering Committee Mtg. 3:15 – 4:45  Art Of Happiness 4:00 – 5:00	<b>10</b> Gentle Yoga 10:00 – 11:00  Life Management Skills 10:00 – 11:00  Women's Anger Management 11:00 – 12:00 Performing Arts Group 12:00 – 2:00 SacPort: Conversation Skills 12:00 – 1:00  Depression Support 2:00 – 3:00  Art Expression Group 3:00 – 4:30 <div style="border: 1px solid black; padding: 2px;">Thursdays 6:00 – 7:00 WRC Medication Appt. Only</div>	<b>11</b> 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: 2px;">Computer Lab RESERVED Job Development Fridays 2:00 – 3:30</div> <div style="border: 1px solid black; padding: 2px;">Fridays 5:00 – 7:00 WRC Medication Appt. Only</div>	<b>12</b> 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:** Art Of Happiness, Healthy Boundaries, Speaking Peace, Open Movement, Social Security, Budget Workshop, Housing Networking & Right Relationship!

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14</b> Walk For Health 10:00 – 11:00</p>  <p><b>DreamCatchers:</b> Orientation at 10AM &amp; Employment Prep. at 10:30AM Women's Empowerment 11:00 – 12:00 SacPort: Medication Mgmt 12:00-1:00</p>  <p>Journaling 2:00 – 3:00 Meditate &amp; Share 3:00 – 4:00</p>  <p>PTSD Support 4:30 – 5:30</p>  <p>Al-Anon Family Groups 6:00 – 7:00</p>	<p><b>15</b> </p> <p><b>Depression Support</b> 10:00 – 11:00 PTSD Support 11:00 – 12:00 Dual Recovery Anonymous 12:00 – 1:00</p>  <p>SacPort: Conversation Skills 12:00 – 1:00</p>  <p><b>Budget Workshop</b> Crossroads Employment Svs. 1:00 – 2:00</p>  <p>Speaking Peace 2:00 – 3:00 WRAP Session #11 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>16</b> Self Esteem Group 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00-1:00 Bipolar Support 12:30 – 2:00</p>  <p>Meditate &amp; Share 2:00 – 3:00</p>  <p>Art Expression Group 3:00 – 4:00</p>  <p>Art Of Happiness 4:00 – 5:00</p>	<p><b>17</b> </p> <p>Gentle Yoga 10:00 – 11:00 Life Management Skills 10:00 – 11:00</p>  <p><b>Women's Anger Management</b> 11:00 – 12:00</p>  <p>Performing Arts Group 12:00 – 2:00 SacPort: Conversation Skills 12:00 – 1:00 Depression Support 2:00 – 3:00 Art Expression 3:00 – 4:30</p>  <p>WRAP Session #12 3:15 – 4:45</p> <p>Medication Appointments 6:00 – 7:00</p>	<p><b>18</b> </p> <p><b>Self Esteem</b> 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><b>BINGO</b> 2:00 – 3:00</p> <p>WRACN CLOSED AT 3 PM</p>  <p>Medication Appointments 3:00 – 7:00</p>	<p><b>19</b> </p> <p><b>Open Activity</b> 11:30 – 1:00</p>  <p><b>Matinee Saturday</b> 1:00 – 3:45 <b>Biochemistry &amp; You!</b> <b>MCT</b> 4:00 - 5:30</p>  <p>WRACN Library 10:00 – 5:45</p>  <p><i>The key to a Happy Heart is within you!</i></p>
<p><b>21/28</b> </p> <p><b>Walk For Health</b> 10:00 – 11:00 DreamCatchers: Orientation at 10AM &amp; Employment Prep. at 10:30AM</p>  <p>Women's Empowerment 11:00 – 12:00</p>  <p>SacPort: Medication Mgmt 12:00-1:00 Journaling 2:00 – 3:00</p>  <p>Meditate &amp; Share 3:00 - 4:00</p>  <p>PTSD Support 4:30 – 5:30 Al-Anon Family Groups 6:00 – 7:00</p>	<p><b>22/29</b> </p> <p><b>Depression Support</b> 10:00 – 11:00</p>  <p>PTSD Support 11:00 – 12:00</p>  <p>Dual Recovery Anonymous 12:00 – 1:00 SacPort: Conversation Skills 12:00 – 1:00 Educational Presentation (09/22/09 ONLY) 1:00 – 2:00</p>  <p>Housing Networking (09/29/09 ONLY) Crossroads Employment Svs. 1:00 – 2:00</p>  <p>WRAP Session #13 &amp; #15 Wellness Recovery Action Plan 3:15 – 4:45</p>	<p><b>23/30</b> </p> <p><b>Self Esteem Group</b> 10:00 – 11:00 Blended Therapy: DBT/CBT 11:00 – 12:30 Dual Recovery Anonymous 12:00 – 1:00</p>  <p><b>SacPort: Medication Mgmt</b> 12:00-1:00 Bipolar Support 1:00 – 2:00</p>  <p>Meditate &amp; Share 2:00 – 3:00 Art Expression Group 3:00 - 4:00 Art Of Happiness 4:00 – 5:00</p>  <p>WRC Steering Committee Mtg. <b>ALL MEMBERS WELCOME</b> (09/23/09 only) 3:15 – 4:45</p>	<p><b>24</b> Gentle Yoga 10:00 – 11:00 Life Management Skills 10:00 – 11:00</p>  <p><b>Women's Anger Management</b> 11:00 – 12:00 Performing Arts Group 12:00 – 2:00</p>  <p>SacPort: Conversation Skills 12:00 – 1:00 Depression Support 2:00 – 3:00</p>  <p>Art Expression 3:00 – 4:30</p>  <p>WRAP Session #14 Wellness Recovery Action Plan 3:15 – 4:45</p> <p>Medication Appointments 6:00 – 7:00</p>	<p><b>25</b> Self Esteem 10:00 – 11:00</p>  <p>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><b>Healthy Boundaries</b> 3:45 – 4:45</p> <p>Computer Lab <b>RESERVED</b> Job Development 2:00 – 3:30</p> <p>Fridays 5:00 – 7:00 WRC Medication Appt. Only</p>	<p><b>26</b> </p> <p><b>Assertiveness Training</b> 10:30-11:30</p>  <p><b>Open Activity</b> 11:30 – 1:00 Matinee Saturday 1:00 – 3:45 <b>MCT</b> <b>3 Principles for Mental Health!</b> 4:00 - 5:30</p>

**September 2009**



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**CALL FOR UPDATES! NEW HOURS: MON 9AM-7PM, TUE, WED, THUR 9AM-6PM, FRI 10AM-5PM & SAT 10AM-6PM [www.consumersselfhelp.org](http://www.consumersselfhelp.org)**