



WRCN Group, Meeting & Class Roster

Wellness & Recovery Center North 3815 Marconi Avenue, Suite #1, Sacramento, CA 95821 Phone: (916) 485-4175

JULY 2009

Group/Mtg./Class	Day of Week	Time	Facilitator	Contact
Art Expression	Wednesday	12:00 – 1:00 PM	Gretchen Bushnell	ext 112
	Friday	3:00 - 4:30 PM	Michelle-Sunshine	ext 119
Assertiveness Training	Saturday (2 nd & 4 th)	10:30 - 11:30 AM	Eric Zuniga Mark S.	ext 116 ext 119
BINGO!	Third Friday Only	3:30 - 4:30 PM	Danny Fang	ext 115
Bi-Polar Support	Wednesday	1:00 - 2:00 PM	George Galas Karen Cameron	ext 103 ext 104
CBT: Cognitive Behavioral Therapy	Wednesday	4:30 - 6:00 PM	Jeannie Templeman LRNS, LCSW	ext N/A
DBT: Dialectical Behavior Therapy	Wednesday	11:00 - 12:30 PM	Jeannie Templeman LRNS, LCSW	ext N/A
Depression Group	Tuesday	11:00 – 12:00 PM	Danny Fang	ext 115
	Thursday	2:00-3:00 PM		
Drumming Circle	(TBA)	(TBA)	Valerie Retallack Eric Zuniga	ext 114 ext 116
Gentle Yoga	Tuesday	1:00 - 2:00 PM	Gail Erlandson Melissa Granchi	ext 117 N/A
DreamCatchers: Job Development	Thursday (computer lab reserved)	2:00 – 3:30 PM	Randy Robertson Stacy	ext 122 ext 122
Journaling	Monday	2:00 – 3:00 PM	Valerie Retallack	ext 114
Life Management Skills	Thursday	9:30-10:30 AM	Danny Fang	ext 115
LGBT: Gay & Lesbian Meet & Greet	(TBA)	10:30-12:00 PM	Valerie Retallack	ext 114
Matinee Saturday	Saturday	1:00-3:45 PM	Eric Zuniga	ext 116
Meditate and Share	Monday	3:00-4:00 PM	Terry Zick	ext 121
	Wednesday	2:00 – 3:00 PM	Gail Erlandson	ext 117
	Second Saturday Only	4:00 – 5:00 PM		
Men's Anger Management	Friday	1:00-2:00 PM	Eric Zuniga	ext 116
			Danny Fang	ext 115
Neurobiology & Neurotransmitters	Wednesday	3:00-4:00 PM	Jeannie Templeman LRNS, LCSW	ext N/A
DreamCatchers: Orientation	Monday	10:00 – 10:30 AM	Randy Robertson Stacy	ext 122 ext 122
Open Activity	1 st Friday Only	11:30 – 1:00 PM	(TBA)	N/A
	2 nd , 3 rd & 4 th Saturday	11:30 – 1:00 PM		



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Open Movement Therapy	1 st , 2 nd & 4 th Friday Only	1:00 – 2:00 PM	Patricia E.	N/A
Peer Support	Friday Third Saturday Only	2:30-3:30 PM 4:00 – 5:00	Gail Erlandson (TBA)	ext 117 N/A
Performing Arts	Thursday	12:00-2:00 PM	David Kiesz	ext N/A
PTSD Support	Monday Tuesday	4:30 – 5:30 PM 11:00 – 12:00 PM	Valerie Retallack	ext 114
Right Relationship	(TBA)	(TBA)	Gail Erlandson	ext 117
SacPort: Communication Skills Development	Tuesday Thursday	12:00-1:00 PM 12:00-1:00 PM	Danny Fang Anita Cervantes	ext 115 N/A
SacPort: Medication Management	Monday Wednesday	12:00-1:00 PM 12:00-1:00 PM	Danny Fang Anita Cervantes	ext 115 N/A
Self Esteem	Wednesday Friday	10:00 – 11:00 AM 10:00 – 11:00 AM	Valerie Retallack	ext 114
Speaking Peace	2 nd & 4 th Tuesday Only	2:00 – 3:00 PM	Mark S. Eric Zuniga	ext N/A ext 116
3 Principles for Mental Health	Last Saturday Only	4:00-5:30 PM	Eric Zuniga	ext 116
Walk for Health	Monday	10:00-11:00 PM	Gail Erlandson	ext 117
Women's Empowerment	Monday	11:00-12:00 PM	Terry Zick Gail Erlandson	N/A ext 117
Certified WRAP Class (Wellness Recovery Action Plan)	Tuesday & Thursday	3:15 – 4:45 PM	Valerie Retallack Jermaine Armstead	ext 114 ext N/A
Women's Anger Mgmt	Thursday	11:00 – 12:00 PM	Gretchen Bushnell	ext 112
WRC Steering Committee Mtg.	2 nd & 4 th Wednesday	3:00 – 5:00 PM	Deborah "Yah Yah" Vault	ext 119
Writing as a Path to Healing	Friday	11:00-12:30 PM	Gail Erlandson	ext 117

Groups, Meetings & Classes Hosted by WRC

Group/Mtg./Class	Day of Week	Time	Contact
Alanon Family Groups	Monday	6:00 – 7:00 PM	www.al-anonfamilygroups.org
Dual Recovery Anonymous	Tuesday & Wednesday	12:00 – 1:00 PM	www.draonline.org (916) 332-3110

PLEASE CALL FOR ADDITIONS, UPDATES OR QUESTIONS AT: (916) 485-7175 Revised: 06/30/2009