

# Calendar June 2010

## CSHC Wellness & Recovery Center South

















7000 Franklin Blvd Ste 110, Sacramento, CA 95823

Phone: (916) 394-9195 Fax: (916) 392-2827





















Revised: 5/27/10

# June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Morning Meeting 10:00 – 10:15 Typing 10:15 – 11:15 Sac Port : 11:15 – 12:15 Self Esteem 1:00 – 2:00 Achieving Goals 2:00 – 3:00 Poetry 3:00 – 4:00 Recreation: 4:00 – 6:00 	<b>2</b> Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port 11:15 – 12:15 Arts & Crafts 1:00 – 2:00 Peer Guide Meeting 2:00 – 3:00  Recreation: 2:00 – 6:00	<b>3</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Typing 10:15 – 11:15 Alcohol and Drugs 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Co-Dependency 2:00 – 3:00  Recreation 3:00 – 6:00	<b>4</b> Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 Poetry 2:00 – 3:00 Recreation: 3:00 - 6:00	<b>5</b> Morning Meeting 10:00 – 10:15 Open Process 10:15 – 11:15  Current Affairs 11:15 – 12:15 Matinee Saturday 12:30 – 2:45  Recreation: 2:45 – 5:00
<b>7</b>  Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Management 11:15 – 12:15 Narcotics Anonymous (Hosting) 12:00 – 1:00 Men's Anger Management 12:45 – 1:45 Arts and Crafts: 1:30 – 2:30 Recreation 2:30 – 6:00	<b>8</b> Morning Meeting 10:00 – 10:15 Typing 10:15 – 11:15 Sac Port : 11:15 – 12:15 Self Esteem 1:00 – 2:00 Achieving Goals 2:00 – 3:00 Poetry 3:00 – 4:00 Recreation: 4:00 – 6:00 	<b>9</b> Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port 11:15 – 12:15 Arts & Crafts 1:00 – 2:00 Peer Guide Meeting 2:00 – 3:00  Recreation: 2:00 – 6:00	<b>10</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Typing 10:15 – 11:15 Alcohol and Drugs 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Co-Dependency 2:00 – 3:00  Recreation 3:00 – 6:00	<b>11</b> Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 <b>WRC South Staff Meeting</b> <b>Center Closed at 2:30</b>	<b>12</b> Morning Meeting 10:00 – 10:15 Open Process 10:15 – 11:15  Current Affairs 11:15 – 12:15 Matinee Saturday 12:30 – 2:45  Recreation: 2:45 – 5:00

NEW GROUPS: None REMOVED GROUPS: Body Awareness, Depression Support, Schizophrenia Support, Meditation, Boundaries & Social Skills, Dealing with Loss, 1 Alcohol & Drugs, 1 Basic Computers, Nutrition & 1 Open Process

Membership & Registration FREE! Hours: Monday thru Friday 9 am – 6 pm, Saturday 9 am – 5 pm, Sunday Closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>  Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Management 11:15 – 12:15 Narcotics Anonymous (Hosting) 12:00 – 1:00 Men's Anger Management 12:45 – 1:45 Arts and Crafts: 1:30 – 2:30 Recreation 2:30 – 6:00	<b>15</b> Morning Meeting 10:00 – 10:15 Typing 10:15 – 11:15 Sac Port : 11:15 – 12:15 Self Esteem 1:00 – 2:00 Achieving Goals 2:00 – 3:00 Poetry 3:00 – 4:00 Recreation: 4:00 – 6:00 	<b>16</b> Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port 11:15 – 12:15 Arts & Crafts 1:00 – 2:00 Peer Guide Meeting 2:00 – 3:00  Recreation: 2:00 – 6:00	<b>17</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Typing 10:15 – 11:15 Alcohol and Drugs 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Co-Dependency 2:00 – 3:00  Recreation 3:00 – 6:00	<b>18</b> Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 Poetry 2:00 – 3:00 Recreation: 3:00 – 6:00 	<b>19</b> Morning Meeting 10:00 – 10:15 Open Process 10:15 – 11:15  Current Affairs 11:15 – 12:15 Matinee Saturday 12:30 – 2:45  Recreation: 2:45 – 5:00
<b>21/28</b>  Morning Meeting 10:00 – 10:15 Recovery from Mental Illness 10:15 – 11:15 Women's Anger Management 11:15 – 12:15 Narcotics Anonymous (Hosting) 12:00 – 1:00 Men's Anger Management 12:45 – 1:45 Arts and Crafts: 1:30 – 2:30 Recreation 2:30 – 6:00	<b>22/29</b> Morning Meeting 10:00 – 10:15 Typing 10:15 – 11:15 Sac Port : 11:15 – 12:15 Self Esteem 1:00 – 2:00 Achieving Goals 2:00 – 3:00 Poetry 3:00 – 4:00 Recreation: 4:00 – 6:00 	<b>23/30</b> Morning Meeting 10:00 – 10:15 Healing 10:15 – 11:15 Men's Anger Management 11:15 – 12:15 Sac Port 11:15 – 12:15 Arts & Crafts 1:00 – 2:00 Peer Guide Meeting 2:00 – 3:00  Recreation: 2:00 – 6:00	<b>24</b> Morning Meeting 10:00 – 10:15 Woman's Anger Management 10:15 – 11:15 Typing 10:15 – 11:15 Alcohol and Drugs 11:15 – 12:15 Sac Port 11:15 – 12:15 Achieving Goals 12:45 – 1:45 Co-Dependency 2:00 – 3:00  Recreation 3:00 – 6:00	<b>25</b>  Morning Meeting 10:00 – 10:15  Creative Writing 10:15 – 11:15 DRA (Hosting) 11:15 – 12:15 Sac Port 11:15 – 12:15  Basic Computers 1:00 – 2:00 Poetry 2:00 – 3:00 Recreation: 3:00 – 6:00	<b>26</b> Morning Meeting 10:00 – 10:15 Open Process 10:15 – 11:15  Current Affairs 11:15 – 12:15 Matinee Saturday 12:30 – 2:45  Recreation: 2:45 – 5:00

**June 2010**



**WRC South 7000 Franklin Blvd, Sacramento CA 95823 Phone: (916) 394-9195**

Membership & Registration FREE! Hours: Monday thru Friday 9 am – 6 pm, Saturday 9 am – 5 pm, Sunday Closed [www.consumersselfhelp.org](http://www.consumersselfhelp.org)