

DECEMBER 2011

Wellness & Recovery Center North

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

Phone: 916.485.4175 Fax: 916.485.2673



CSHC

Revised 11/22/11
call for updates!























































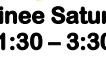

December 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle Yoga 10:00 – 11:00 Lifestyle Topics: Hepatitis A 10:00 – 11:00 Women's Anger Management 12:00 – 1:00 SacPort: Basic Conversations 12:00 – 1:00 Women's Wisdom: 1:00 – 2:00 (computer lab reserved) Computer Enrichment: 1:30 – 2:30 Mindfulness Here & Now 2:00 – 3:00	2 Self Esteem: 10:00 – 11:00 Writing as a Path To Healing 11:00 – 12:30 Depression Support: 1:00 – 2:00 Men's Anger Management 1:00 – 2:00 Right Relationship: 2:00 – 3:00 Healthy Boundaries 3:15 – 4:15	3 Nutrition Support Outing 11:00 – 12:00 Peer Support: 12:00 – 1:00 *Poetic Arts: 1:30 – 2:30 Matinee Saturday 1:30 – 3:30 *EA Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30
5 *Gentle Yoga: 10:00 – 11:00 Meditate & Share: 11:00 – 12:00 Medication Support Group Referral Orientation 11:00 – 12:30 AOD (Alcohol & Drugs) Topics 11:00 – 12:30 SacPort: Symptom Management 12:00 – 1:00 Empowerment For Women & Men 1:30 – 2:30 Resource Support: 2:30 – 3:30	6 Depression Support: 10:00 – 11:00 Self-Esteem: 11:00 – 12:00 SacPort: Basic Conversations 12:00 – 1:00 *DRA Dual Recovery Anon.: 12:00 – 1:00 PTSD Support: 1:00 – 2:00 Art Projects: 2:00 – 3:30 Overcoming Co-dependency 3:00 – 4:00	7 Self Esteem: 10:00 – 11:00 CBT Group: 11:00 – 12:00 SacPort: Symptom Management 12:00 – 1:00 Bipolar Support: 12:30 – 2:00 DBT Skill Development 2:00 – 3:00 Art Of Happiness: 3:00 – 4:00	8 Gentle Yoga 10:00 – 11:00 Lifestyle Topics: Hygiene 10:00 – 11:00 Women's Anger Management 12:00 – 1:00 SacPort: Basic Conversations 12:00 – 1:00 Women's Wisdom: 1:00 – 2:00 (computer lab reserved) Computer Enrichment: 1:30 – 2:30 Mindfulness Here & Now 2:00 – 3:00	9 Self Esteem: 10:00 – 11:00 Writing as a Path To Healing 11:00 – 12:30 Depression Support 1:00 – 2:00 Men's Anger Management 1:00 – 2:00 Right Relationship 2:00 – 3:00 Healthy Boundaries 3:15 – 4:15	10 Nutrition Support Outing 11:00 – 12:00 Peer Support: 12:00 – 1:00 *Poetic Arts: 1:30 – 2:30 Matinee Saturday 1:30 – 3:30 *EA Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30

***NOTE: These groups are provided room use by CSCH/WRC and are non-staff facilitated. CALL FOR MORE INFORMATION AND UPDATES!**

FREE Membership & Registration! WEEKLY HOURS: MON, TUE, WED, THR, 9AM-5:30PM, FRI 9AM-5:00PM, & SAT 10AM-5:30PM (CLOSED SUNDAYS)

CENTER CLEAN-UP BEGINS 15 MINUTES PRIOR TO THE CLOSING TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p>  <p>*Gentle Yoga: 10:00 – 11:00</p>  <p>Meditate & Share: 11:00 – 12:00</p>  <p>Medication Support Group Referral Orientation: 11:00 – 12:30</p> <p>AOD Topics: 11:00 – 12:30</p>  <p>SacPort: Symptom Management: 12:00 - 1:00</p> <p>Empowerment For Women & Men: 1:30 – 2:30</p>  <p>Resource Support: 2:30 – 3:30</p> <p>Suicide Survival Support: 3:30 – 4:30</p>	<p>13</p> <p>Depression Support: 10:00 – 11:00</p>  <p>Self-Esteem: 11:00 – 12:00</p>  <p>SacPort: Basic Conversations: 12:00 – 1:00</p> <p>*DRA: 12:00 – 1:00</p>  <p>PTSD Support: 1:00 – 2:00</p>  <p>Art Projects: 2:00 – 3:30</p>  <p>Overcoming Co-dependency: 3:00 – 4:00</p> <p>Three Principles for Mental Health: 4:00 – 5:15</p>	<p>14</p>  <p>Self Esteem Group: 10:00 – 11:00</p> <p>Bowling Outing: 10 AM</p>  <p>CBT Group: 11:00 – 12:00</p>  <p>SacPort: Symptom Management: 12:00 - 1:00</p>  <p>Bipolar Support: 12:30 – 2:00</p> <p>DBT Skill Development: 2:00 – 3:00</p>  <p>Art Of Happiness: 3:00 – 4:00</p>  <p>Musical Arts: 4:00 – 5:15</p>	<p>15</p>  <p>*Gentle Yoga: 10:00 – 11:00</p>  <p>Lifestyle Topics: Hepatitis B: 10:00 – 11:00</p> <p>Women's Anger Management: 12:00 – 1:00</p>  <p>SacPort: Basic Conversations: 12:00 – 1:00</p>  <p>Women's Wisdom: 1:00 – 2:00</p>  <p>Computer Enrichment: 1:30 – 2:30 (computer lab reserved)</p>  <p>Mindfulness Here & Now: 2:00 – 3:00</p>	<p>16</p>  <p>Self Esteem: 10:00 – 11:00</p>  <p>Writing as a Path To Healing: 11:00 – 12:30</p>  <p>Depression Support: 1:00 – 2:00</p>  <p>Men's Anger Management: 1:00 - 2:00</p>  <p>Right Relationship: 2:00 – 3:00</p>  <p>Healthy Boundaries: 3:15 – 4:15</p>	<p>17</p>  <p>Farmer's Market: 10:00 – 12:00</p>  <p>Nutrition Support: 12:00 – 1:00</p>  <p>*Poetic Arts: 1:30 – 2:30</p>  <p>Matinee Saturday: 1:30 – 3:30</p>  <p>*EA Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30</p>
<p>Dec. 19th WRCN: AM Groups Only then Open Activity CLOSES EARLY FOR HOLIDAY LUNCHEON AT Church of Nazarene 1820 28th Street</p> <p>26</p> <p>WRCN CLOSED IN OBSERVANCE OF WINTER HOLIDAY</p>	<p>20/27</p> <p>Depression Support: 10:00 – 11:00</p> <p>Self-Esteem: 11:00 – 12:00</p>  <p>Ask the Nutritionist (12/27/11 Only): 12:00 – 1:00</p>  <p>SacPort: Basic Conversations: 12:00 – 1:00</p> <p>*DRA: 12:00 – 1:00</p> <p>PTSD Support: 1:00 – 2:00</p>  <p>Art Projects: 2:00 – 3:30</p>  <p>Overcoming Co-dependency: 3:00 – 4:00</p> <p>Three Principles for Mental Health: 4:00 – 5:15</p>	<p>21/28</p>  <p>Self Esteem: 10:00 – 11:00</p>  <p>CBT Group: 11:00 – 12:00</p>  <p>SacPort: Symptom Management: 12:00 - 1:00</p>  <p>Bipolar Support: 12:30 – 2:00</p> <p>DBT Skill Development: 2:00 – 3:00</p>  <p>Art Of Happiness: 3:00 – 4:00</p>  <p>Musical Arts: 4:00 – 5:15 (12/28/11 Only)</p>	<p>22/29</p> <p>*Gentle Yoga: 10:00 – 11:00</p>  <p>Lifestyle Topics: (12/22 Only) Anxiety: 10:00 – 11:00</p> <p>Member Forum (12/29/11 Only): 10:00 – 11:00</p> <p>Women's Anger Mgmt: 12:00 – 1:00</p>  <p>SacPort: Basic Conversations: 12:00 – 1:00</p>  <p>(12/22/11 Only) Women's Wisdom: 1:00 – 2:00</p>  <p>Ask the Doc (12/29/11 Only): 1:00 – 2:00</p> <p>Computer Enrichment: 1:30 – 2:30</p> <p>Mindfulness Here & Now: 2:00 – 3:00</p>	<p>23/30</p> <p>Self Esteem: 10:00 – 11:00</p>  <p>Writing as a Path To Healing: 11:00 – 12:30</p>  <p>Depression Support: 1:00 – 2:00</p> <p>Men's Anger Management: 1:00 - 2:00</p>  <p>Right Relationship (12/23/11 Only): 2:00 – 3:00</p>  <p>(12/30/11 Only) 2:00 – 3:00</p>  <p>Healthy Boundaries: 3:15 – 4:15</p>	<p>24/31</p>  <p>Nutrition Support Outing: 11:00 – 12:00</p>  <p>Peer Support: 12:00 – 1:00</p> <p>Poetic Arts: 1:30 – 2:30</p>  <p>Matinee Saturday: 1:30 – 3:30</p>  <p>*EA Orientation: 1:00 PM & Step Tradition: 1:30 – 2:30</p>

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Call for UPDATES! WEEKLY HOURS: MON-TUE-WED-THR 9AM-5:30PM, FRI 9AM-5:00PM & SAT 10AM-5:30PM

www.consumersselfhelp.org