



October 2016



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9-10 Men and Women 10-11 Pride: Maintaining Wellness 11-12 Group Exercise 1-2 Mental Health & Addictions 2:30-3:30 180 Group</p>	<p>4</p> <p>8-2 Laundry 10-11 Homeless Support 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar & Depression</p>	<p>5</p> <p>9-10 Men and Women 10-11 Pride: Racing Thoughts 11-12 Healthy Eating 12:30-2 Working W/ Emotions</p> 	<p>6</p> <p>8-3 Showers 10-11 180 Group 11-12 Eating Disorder Support Group 1-2 Peers Helping Peers 2-3 Trauma Recovery/PTSD</p>	<p>7</p> <p>9-12 Karaoke</p>  <p>9:30-12 Smile Keepers 12-1 Schizophrenia Group</p>
<p>10</p> <p>9-10 Men and Women 10-11 Pride: Gratitude 11-12 Thank You Cards 11-12 Seeds of Hope Grief Group 1-2 Mental Health & Addictions 2:30-3:30 180 Group</p>	<p>11</p> <p>8-2 Laundry 10-11 Homeless Support 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>12</p> <p>9-10 Men and Women 10-11 Pride: Paranoia 11-12 Problem Skits 11-12 Living WRAP 12:30-2 Working With Emotions</p>	<p>13</p> <p>8-3 Showers 10-11 180 Group 11-12 Eating Disorder Support Group 1-2 Peers Helping Peers 2-3 Trauma Recovery/PTSD</p>	<p>14</p> <p>9-12 Bingo</p>  <p>12-1 Schizophrenia Group</p>
<p>17</p> <p>LOVE YOURSELF</p> <p>9-10 Men and women 10-11 Pride: Loving Ourselves 11-12 It's all Fun & Games! 1-2 Mental Health & Addictions 2:30-3:30 180 Group</p>	<p>18</p> <p>8-2 Laundry 10-11 Homeless Support 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>19</p> <p>9-10 Men and Women 10-11 Pride: Calendar & Music 11-12 Healthy Eating 12:30-2 Working With Emotions</p> 	<p>20</p> <p>8-3 Showers 10-11 180 Group 11-12 Eating Disorder Support Group 1-2 Peers Helping Peers 2-3 Trauma Recovery/PTSD</p>	<p>21</p> <p>9-12 Karaoke 9:30-12 Smile Keepers</p>  <p>12-1 Schizophrenia Group</p>
<p>24</p> <p>9-10 Men and Women 10-11 Pride: Forgiveness 11-12 Pumpkin Art 11-12 Seeds of Hope Grief Group 1-2 Mental Health & Addictions 2:30-3:30 180 Group</p>	<p>25</p> <p>8-2 Laundry 10-11 Homeless Support 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p> 	<p>26</p> <p>9-10 Men and Women 10-11 Pride: Mood Swings 11-12 Chillin' & Relaxin' 11-12 Living WRAP 12:30-2 Working With Emotions</p>	<p>27</p> <p>8-3 Showers 10-11 180 Group 11-12 Eating Disorder Group 1-2 Peers Helping Peers 2-3 Trauma Recovery/PTSD</p>	<p>28</p> <p>HALLOWEEN PARTY</p> <p>9am -12pm—Potluck & Karaoke 12-1 Schizophrenia Group</p>
<p>31</p> <p>9-10 Men and Women 10-11 Pride: Coping Skills 11-12 Jason's Story 1-2 Mental Health & Addictions 2:30-3:30 180 Group</p>	<p>HIV/HEP C TESTING FREE at the EC on Monday, October 24th starting at 9am. No appointment needed!</p>	<p>LAUNDRY:</p>  <p>Tuesday 8-2 ~Laundry and Shower Supplies provided~</p>	<p>SHOWERS:</p>  <p>Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3</p>	

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COMMUNITY CENTER FOR WELLNESS AND RECOVERY

Monday-Friday
8:00 a.m.—4:00 p.m.

www.facebook.com/TuolumneCountyEnrichmentCenter

