

OCTOBER 2019

TUOLUMNE COUNTY ENRICHMENT CENTER
101 HOSPITAL ROAD
SONORA, CA 95370



Phone: 533-7114

EC HOURS:
Unless noted

Monday,
Wednesday &
Friday:
8 a.m. to 3 p.m.

Tuesday &
Thursday:
9 a.m. to 3 p.m.

*Community Center
for Wellness and
Recovery funded by
Prop 63*



*Reducing Stigma
by Becoming a
Visible and Valued
Part of the
Community*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>9-1 LAUNDRY 1 9 What About Bob? Movie 9-3 Recreation 12-3 Recovery Films 12:30-1:30 AA 2-3 Bipolar Group 6-7 Prostate Cancer Support Group</p>	<p>8-9 Social Hour & News 2 8-12:30 Student Nurses 9 Check-In & GM Group *9-12 SHOWERS ONLY 10-11 Pride: Conflict Res. 11-12 HEALTHY EATING 2-3 Adult Education EC CLOSÉS @ 1 /Staff Mtg.</p>	<p>9-12 Recovery Films 3 9-3 Recreation 1:30-2:30 Trauma Recovery/PTSD</p> 	<p>8-9 Social Hour 4 9 Check-In 9-12 SMILE KEEPERS 9:15 Karaoke 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis</p>
<p>8-9 Social Hour & News 7 9 Check-In & GM Group 9:30 Human Bingo 10-11 PRIDE: PRIDEFUL THOUGHTS NEW!! 11-12 Recreation & Gardening 12-3 Recovery Films 12:30-1:30 Depression Group</p>	<p>9-1 LAUNDRY 8 9-12 Recovery Films 9-3 Recreation 12:30-1:30 AA 2-3 Bipolar Group</p>	<p>8-9 Social Hour & News 9 8-12:30 Student Nurses 9 Check-In & GM Group 10 Pride: Self Advocacy 11-11:30 Positive Lifestyles 12 GOONIES MOVIE DAY 12:30-2 Working w/Emotions 2-3 Adult Education</p>	<p>9 Beautiful Boy Movie 10 9-3 Recreation 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD</p>	<p>8-9 Social Hour 11 9 Check-In 9:15 Bingo 9-12 SMILE KEEPERS 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis</p>
<p>8-9 Social Hour & News 14 9 Check-In & GM Group 9:30 Balloons & Balls 10-12 PRIDE: ART & WELLNESS W/JENN S. 11-12 Recreation & Gardening 12-3 Recovery Films 12:30-1:30 Depression Group</p>	<p>9-1 LAUNDRY 15 9 Anger Management Movie 9-3 Recreation 12-3 Recovery Films 12:30-1:30 AA 2-3 Bipolar Group</p>	<p>EC OPENS @ 9:30 16 9:30-11 Social Time & News 9:30-12:30 Student Nurses 10 Small Group Support 11-12 HEALTHY EATING 12:30-2 Working w/Emotions 2-3 Adult Education</p>	<p>9-12 Recovery Films 17 9-3 Recreation 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD</p>	<p>8-9 Social Hour 18 9 Check-In 9 COOKIE DECORATING 9:15 Karaoke 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis</p>
<p>8-9 Social Hour & News 21 9 Check-In & GM Group 9:30 HALLOWEEN TRIVIA 10-11 Pride: Quality Improvement Council 11-12 Recreation & Gardening 12-3 Recovery Films 12:30-1:30 Depression Group</p>	<p>9-1 LAUNDRY 22 9-12 Recovery Films 9-3 Recreation 12:30-1:30 AA 2-3 Bipolar Group 6:30-8 NAMI-TC Family Support</p>	<p>8-9 Social Hour & News 23 8-12:30 Student Nurses 9 Check-In & GM Group 9:30-10:15 DANCING DOGS 10:15 Pride: Forgiveness 11-11:30 Positive Lifestyles 12:30-2 Working w/Emotions 2-3 Adult Education</p>	<p>9 Forrest Gump Movie 24 9-3 Recreation 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD</p>	<p>8-9 Social Hour 25 9 Check-In 9:15 Bingo 12-3 Recovery Films 12-3 Recreation 12:30-2 Dual Diagnosis</p>
<p>8-9 Social Hour & News 28 8:45 Check-In 9 HALLOWEEN MOVIE DAY 11-12 Recreation & Gardening 12-3 Recovery Films 12:30-1:30 Depression Group</p>	<p>9-1 LAUNDRY 29 9 School of Rock Movie 9-3 Recreation 12-3 Recovery Films 12:30-1:30 AA 2-3 Bipolar Group</p>	<p>8-9 Social Hour & News 30 8-12:30 Student Nurses 8:45 Check-In 9 MONSTER MASH PARTY & COSTUME CONTEST 12:30-2 Working w/Emotions 2-3 Adult Education</p>	<p>HAPPY HALLOWEEN! 31 9-12 Recovery Films 9-3 Recreation 12-3 Recovery Films 1:30-2:30 Trauma Recovery/PTSD</p> 	<p>SHOWER HOURS: Mondays: 11 a.m. to 2 p.m. Wednesday: 11 a.m. to 2 p.m. Thursday: 9 a.m. to 1 p.m. Friday: 11 a.m. to 2 p.m. *UNLESS NOTED</p> 