|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10:00am – 11:00am  Life Management Skills  -ARMIN/Leah | 10:00am – 11:00am  Observe & Take Action/Safe Zone  -DANNY/Armin | 10:00am – 11:00am  Never Alone  -SHARON/Jason | 10:00am – 11:00am  Embracing Fears  -LEAH/Armin | 10:00am – 11:00am  Listen to Your Art  -ALL MENTORS | 10:00am – 11:00am  Wellness Check In  -NAME/backup |
|  |  |  |  |  |  |
| 11:30am-12:30pm  Housing Group/Ready to Rent  -MARILYN/Jason | 11:30am-12:30pm  AOD/SUD  -ELIEGO/Marilyn | 11:30am-1:00pm  Building Interpersonal Skills  -LEAH/Eliego | 11:30am – 12:30pm  SOARing Into Income  -JASON/Danny | 11:30am-12:30pm  Keep Your Cool  -ARMIN/Leah | 12:00pm-2:00pm  Bingo  -NAME/backup |
|  |  |  | **COMMUNITY FORUM**  **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:30pm-2:30pm  Healthy Boundaries  -JASON/Eliego | 1:30pm-2:30pm  Move, Motivate, Maintain  -ALL MENTORS | 1:30pm-2:30pm  Self-Compassion  -DANNY/Sharon | 1:30pm-2:30pm  Finding Balance  -ELIEGO/Marilyn | 1:30pm-2:30pm  Joyful Longevity  -SHARON/Danny | 1:30pm-2:30pm  Seeking Safety  -NAME/backup |
|  |  |  |  |  |  |
|  | **Other Turning Point CORE Wellness Centers to open soon!** |  |  |  |  |

SPECIAL ANNOUNCEMENTS:

* **COMMUNITY FORUM EVERY 3RD THURSDAY. JOIN US FOR DISCUSSION ABOUT YOUR TPCP CORE COMMUNITY WELLNESS CENTER. WE WANT YOUR FEEDBACK! NEXT FORUM 12/15/22 @ 12:30PM.**
* **SECOND TPCP CORE COMMUNITY WELLNESS CENTER AT ROSIN COURT TO OPEN IN DECEMBER!**
* **THIRD TPCP CORE COMMUNITY WELLNESS CENTER SITE TO OPEN IN JANUARY 2023!**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MOD**  **SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | DANNY/SHARON/MARILYN | JASON/SHARON | ELIEGO/JASON | SHARON/ARMIN | LEAH/DANNY/MARILYN |  |