



TPCP CORE PROGRAM GROUP CALENDAR – Rosin

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am – 11:00am Observe & Take Action/Safe Zone -Sharon/Armin	10:00am – 11:00am Embracing Fears -Armin/Sharon	10:00am – 11:00am Never Alone -Sharon/Armin	10:00am-11:00am Healthy Boundaries -Sharon/Armin	10:00am-11:00am Finding Balance -Armin/Sharon	
				1:00pm-2:00pm Keep Your Cool -Armin/Sharon	
			COMMUNITY FORUM EVERY 3RD WEDNSDAY @ 12:30PM		
	1:00pm-2:00pm Overcoming Addiction -Armin/Sharon		1:00pm-2:00pm Self-Compassion -Sharon/Armin	2:30pm-3:30 Lounge Jam -All	

You must be a registered member to attend groups.

TPCP-Rosin | 3810 Rosin Court Suite 170, Sacramento, CA 95834 | 916-567-4220 | www.tpcp.org | facebook.com/turningtpcp

Hours: Monday – Friday, 9am – 5pm (CLOSED on major Holidays)

This program is funded by the Division of Behavioral Health Services through the county of Sacramento



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	CLOSED TO OBSERVE MLK Jr. DAY				
	Other Turning Point CORE Wellness Centers to open soon!				

SPECIAL ANNOUNCEMENTS:

- **COMMUNITY FORUM EVERY 3RD THURSDAY. JOIN US FOR DISCUSSION ABOUT YOUR WELLNESS CENTER. WE WANT YOUR FEEDBACK! NEXT FORUM 01/18/2023 @ 12:30PM.**
- **SECOND TPCP CORE WELLNESS CENTER AT ROSIN COURT IS NOW OPEN!**

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ARMIN/SHARON	SHARONARMIN	ARMIN/SHARON	SHARONARMIN	ARMIN/SHARON	

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