|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30-10:00am Life Management Skills10:00am – 11:00amLife Management Skills  *-Shawn/Ralph* | 9:30-10:00am Remaining Present10:00am – 11:00amRemaining Present  *-Shawn* | 9:30-10:00am I am Enough10:00am – 11:00amI am Enough *-Ralph* | 9:30-10:00am Moments of Tranquility10:00am – 11:00pmMoments of Tranquility  *-Leah/Ralph* | 9:30-10:00am Art/Bingo10:00am – 11:30amListen to Your Art 2(Writing) *-Leah* |  |
|  |  |  |  |  |  |
| 11:00pm-12:00pmMending Our Hearts   *-Leah/Shawn* | 11:00am-12:00pmSupporting Sobriety -*Ralph/Shawn* | 11:00am-12:00pmBuilding & Understanding *-Shawn/Leah*  |   | 11:30am-12:30pmKeep Your Cool *-Ralph* |  |
|  |  |  | **COMMUNITY FORUM** **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:00pm-2:00pmHealthy Boundaries *-Ralph/Shawn* | 1:00pm-2:00pmMove, Motivate, Maintain   *-Shawn* | 1:00pm-2:00pmCreating Balance *-Leah* | 1:00pm-2:00pmRising Above it All *-Leah*  | 1:00pm-2:00pmLife Management Skills *-Shawn/Ralph* |  |
|  | 2:30pm-3:30pmBingo  *-Ralph/All Mentors* | 2:30PM-4:00PMLounge Jam *-All Mentors* | 2:30PM-4:00PMListen to Your Art 1(Art Projects)  *-All Mentors* | 2:30-4:00pmLounge Jam  -*All Mentors* |  |

SPECIAL ANNOUNCEMENTS:

* Community forum every 3rd Thursday.Join us for discussions about YOUR wellness! We want your ongoing feedback.

**Next Forum is 5/18/23 @ 12:30pm.**

* Elk Grove CORE-Community Wellness Center is OPEN!!!

 *(Mentor of the Day = MOD)*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *Leah/Shawn* | *Ralph/Shawn* | *Shawn/Ralph* | *Ralph/Shawn* | *Shawn/Leah* | Closed |