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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30-10:00am  Life Management Skills  10:00am – 11:00am  Life Management Skills    *-Shawn/Ralph* | 9:30-10:00am  Remaining Present  10:00am – 11:00am  Remaining Present    *-Shawn* | 9:30-10:00am  I am Enough  10:00am – 11:00am  I am Enough  *-Ralph* | 9:30-10:00am  Moments of Tranquility  10:00am – 11:00pm  Moments of Tranquility  *-Leah/Ralph* | 9:30-10:00am  Art/Bingo  10:00am – 11:30am  Listen to Your Art 2  (Writing)  *-Leah* |  |
|  |  |  |  |  |  |
| 11:00pm-12:00pm  Mending Our Hearts    *-Leah/Shawn* | 11:00am-12:00pm  Supporting Sobriety  -*Ralph/Shawn* | 11:00am-12:00pm  Building & Understanding  *-Shawn/Leah* |  | 11:30am-12:30pm  Keep Your Cool  *-Ralph* |  |
|  |  |  | **COMMUNITY FORUM**  **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:00pm-2:00pm  Healthy Boundaries    *-Ralph/Shawn* | 1:00pm-2:00pm  Move, Motivate, Maintain    *-Shawn* | 1:00pm-2:00pm  Creating Balance    *-Leah* | 1:00pm-2:00pm  Rising Above it All    *-Leah* | 1:00pm-2:00pm  Life Management Skills  *-Shawn/Ralph* |  |
|  | 2:30pm-3:30pm  Bingo    *-Ralph/All Mentors* | 2:30PM-4:00PM  Lounge Jam    *-All Mentors* | 2:30PM-4:00PM  Listen to Your Art 1  (Art Projects)  *-All Mentors* | 2:30-4:00pm  Lounge 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)*

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