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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am – 10:30am  Life Management Skills    *-Lauren/Alfredo* | 9:30am – 10:300am  Remaining Present    *-Lauren/Sharon* | 9:30am – 10:30am  I am Enough  *-Alfredo/Sharon* | 9:30-10:30am  Moments of Tranquility  *-Sharon/Lauren* | 9:30am-10:30am  Listen to Your Art 2  (Writing)  *-All* |  |
|  |  |  |  |  |  |
| 11:00pm-12:00pm  Mending Our Hearts    *-Alfredo/Lauren* | 11:00am-12:00pm  Supporting Sobriety  -*Lauren/Sharon* | 11:00am-12:00pm  Building & Understanding  *-Sharon/Alfredo* |  | 11:00am-12:00pm  Keep Your Cool  -*Alfredo/Sharon* |  |
|  |  |  | **COMMUNITY FORUM**  **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:30pm-2:30pm  Healthy Boundaries    *-Alfredo/Lauren* | 1:30pm-2:30pm  Move, Motivate, Maintain    *-Lauren/Sharon* | 1:30pm-2:30pm  Creating Balance    *-Sharon/Alfredo* | 1:30pm-2:30pm  Rising Above it All    *-Sharon/Lauren* | 1:30pm-2:30pm  Life Management Skills  *-Alfredo/Sharon* |  |
|  | 2:45pm-3:45pm  Bingo    *-All Mentors* | 2:45PM-4:15PM  Lounge Jam    *-All Mentors* | 2:45PM-4:15PM  Listen to Your Art 1  (Art Projects)  *-All Mentors* | 2:45-4:15pm  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 10/19/23 @ 12:30pm.**

* Come Join us for our Halloween movie day on **Tuesday 10/31/2023 from 1:00PM-3:00PM.** Snacks and drinks will be provided.

*(Mentor of the Day = MOD)*

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| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *Sharon/Lauren* | *Alfredo/Lauren* | *Lauren/Sharon* | *Alfredo/Lauren* | *Lauren/Sharon* | Closed |

**COMMUNITY WELLNESS CENTERS**

• Peer to Peer Individual Support

• Social Room/Activities

• Access to Computers/Internet

• Self Help Groups

• Learn more about community resources in your area

**CORE ELK GROVE** **CORE MADISON**  **CORE ROSIN**

9340 E Stockton Blvd 3628 Madison Ave., Suite 10 3810 Rosin Court, Suite 170 Elk Grove, CA 95624 North Highlands, CA 95660 Sacramento, CA 95834

(916) 509-8198 (916) 388-3321 (916) 567-4222