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| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am – 10:30amLife Management Skills  *-Lauren/Alfredo* | 9:30am – 10:300amRemaining Present  *-Lauren/Sharon* | 9:30am – 10:30amI am Enough *-Alfredo/Sharon* | 9:30-10:30amMoments of Tranquility  *-Sharon/Lauren* | 9:30am-10:30amListen to Your Art 2(Writing) *-All* |  |
|  |  |  |  |  |  |
| 11:00pm-12:00pmMending Our Hearts   *-Alfredo/Lauren* | 11:00am-12:00pmSupporting Sobriety -*Lauren/Sharon* | 11:00am-12:00pmBuilding & Understanding *-Sharon/Alfredo*  |   | 11:00am-12:00pmKeep Your Cool -*Alfredo/Sharon* |  |
|  |  |  | **COMMUNITY FORUM** **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:30pm-2:30pmHealthy Boundaries *-Alfredo/Lauren* | 1:30pm-2:30pmMove, Motivate, Maintain   *-Lauren/Sharon* | 1:30pm-2:30pmCreating Balance *-Sharon/Alfredo* | 1:30pm-2:30pmRising Above it All *-Sharon/Lauren*  | 1:30pm-2:30pmLife Management Skills *-Alfredo/Sharon* |  |
|  | 2:45pm-3:45pmBingo  *-All Mentors* | 2:45PM-4:15PMLounge Jam *-All Mentors* | 2:45PM-4:15PMListen to Your Art 1(Art Projects)  *-All Mentors* | 2:45-4:15pmLounge 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**

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