|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10:00am – 11:00am  Remaining Present  *-Chloe/Shawn* | 10:00am – 11:00am  Rising Above It All  *-Leshon/Shawn* | 10:00am-11:00am  Supporting Sobriety  *-Shawn/Leshon* | 10:00am-11:00am  Healthy Boundaries  *-Chloe/Shawn* | 10:00am-11:00am  Creating A Balance or Art  *-Chloe/Leshon* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  Moments of Tranquility    *-Chloe/Shawn* | 1:30pm-2:30pm  Build An Understanding    *-LeShon/Shawn* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 1:30pm – 2:30pm  I Am Enough  *-Shawn/Chloe* | 1:30pm-2:30pm  Keeping Your Cool    *-LeShon/Chloe* |  |
|  |  |  |  |  |  |
|  | 2:45pm-4:15pm  Bingo  -All | 1:30pm-2:30pm  Mending Our Hearts    *-Shawn/Leshon* | 2:45pm-4:15pm  Bingo  -All | 2:45pm-4:15pm  Lounge Jam  -All |  |

**SPECIAL ANNOUNCEMENTS:**

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

**Next Forum is 9/20/2023 @ 12:30pm**

*(Mentor of the Day = MOD)*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *LeShon/Chloe* | *Shawn/Leshon* | *Chloe/LeShon* | *Leshon/Chloe* | *Shawn/Chloe* | 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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