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| --- | --- | --- | --- | --- | --- |
|  Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 9:30am – 10:30am“Open Group”  *-All* | 9:30am – 10:300am“Open Group”  *-All* | 9:30am – 10:30am**“Open Group”** *-All* | 9:30-10:30am“Moments of Tranquility (Creative Writing) -*LeShon/Shawn* | 9:30am-10:30am“Listen to Your Art” (Creative Writing) *-All* |  |
|  |  |  |  |  |  |
| 11:00pm-12:00pmMending Our Hearts   *-Shawn/Alfredo* | 11:00am-12:00pmSupporting Sobriety -*Alfredo/Shawn* | 11:00am-12:00pmBuilding & Understanding *-Shawn/Alfredo*  |   | 11:00am-12:00pmKeep Your Cool *-Shawn/Alfredo* |  |
|  |  |  | **COMMUNITY FORUM** **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:30pm-2:30pmHealthy Boundaries *-LeShon/Alfredo* | 1:30pm-2:30pmMove, Motivate, Maintain   *-Alfredo/Shawn* | 1:30pm-2:30pmCreating Balance *-Shawn/Alfredo* | 1:30pm-2:30pmRising Above it All(Creative Writing) *-LeShon/Shawn*  | 1:30pm-2:30pmLife Management Skills  *-Shawn/Alfredo* |  |
|  | 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 4/18/24 @ 12:30pm.**

* **The Community Wellness Center will be closed on Monday April 1st in observance of Cesar Chavez Day.**

 *(Mentor of the Day = MOD)*

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