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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-12:00pm  Mending Our Hearts    *-Shawn/Alfredo* | 11:00am-12:00pm  Supporting Sobriety  -*Alfredo/Shawn* | 11:00am-12:00pm  Building & Understanding  *-Shawn/Alfredo* |  | 11:00am-12:00pm  Keep Your Cool  *-Shawn/Alfredo* |  |
|  |  |  | **COMMUNITY FORUM**  **EVERY 3RD THURSDAY @ 12:30PM** |  |  |
| 1:30pm-2:30pm  Healthy Boundaries    *-LeShon/Alfredo* | 1:30pm-2:30pm  Move, Motivate, Maintain    *-Alfredo/Shawn* | 1:30pm-2:30pm  Creating Balance    *-Shawn/Alfredo* | 1:30pm-2:30pm  Rising Above it All  (Creative Writing)  *-LeShon/Shawn* | 1:30pm-2:30pm  Life Management Skills  *-Shawn/Alfredo* |  |
|  | 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 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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