|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10:00am – 11:00am  Remaining Present  *-Ralph/Karen* | 10:00am – 11:00am  Rising Above It All  *-Karen/Sharon* | 10:00am-11:00am  Supporting Sobriety  *-Sharon/Ralph* | 10:00am-11:00am  Healthy Boundaries  *-Sharon/Karen* | 10:00am-11:00am  Creating A Balance or Art  *-* *Ralph/Sharon* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  Moments of Tranquility    *-* *Ralph/Karen* | 1:30pm-2:30pm  Build An Understanding    *-Karen/Sharon* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 1:30pm – 2:30pm  I Am Enough  *-Karen/* *Ralph* | 1:30pm-2:30pm  Keeping Your Cool    *-Sharon/Ralph* |  |
|  |  |  |  |  |  |
|  | 2:45pm-4:15pm  Bingo  -All | 1:30pm-2:30pm  Mending Our Hearts    *-Sharon/Ralph* | 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 4/17/2024 @ 12:30pm**

* **The Community Wellness Centers 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** |
|  | *Sharon/Ralph* | *Ralph/Karen* | *Karen/Ralph* | *Ralph/Sharon* | *Sharon/Karen* | 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