



TPCP CORE PROGRAM GROUP CALENDAR – *Rosin*

OCTOBER 2024

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am – 11:00am Remaining Present <i>-New Mentor/Karen</i>	10:00am – 11:00am Rising Above It All <i>-Karen/Sharon</i>	10:00am-11:00am Supporting Sobriety <i>-Sharon/New Mentor</i>	10:00am-11:00am Healthy Boundaries <i>-Sharon/Karen</i>	10:00am-11:00am Life Management Skills (Money Matters) <i>-Karen/New Mentor</i>	
1:30pm-2:30pm Moments of Tranquility <i>-New Mentor/Karen</i>	1:30pm-2:30pm Build An Understanding <i>-Karen/Sharon</i>	COMMUNITY FORUM EVERY 3RD WEDNSDAY @ 12:30PM	1:30pm – 2:30pm I Am Enough <i>-Karen/New Menor</i>	11:00am-12:00pm Creating A Balance <i>-Karen/New Mentor</i>	
	2:45pm-4:15pm Bingo <i>-All</i>	11:00am-12:00pm	2:45pm-4:15pm Bingo <i>-All</i>	1:30pm-2:30pm Keeping Your Cool <i>-New Mentor/Sharon</i>	
		1:30pm-2:30pm Mending Our Hearts <i>-Sharon/New Mentor</i>		2:45pm-4:15pm Lounge Jam <i>-All</i>	

SPECIAL ANNOUNCEMENTS:

- Community forum every 3rd Wednesday, 10/16/24 Join us for discussions about YOUR wellness! We want your ongoing feedback.
- We will be closed for Indigenous Peoples Day on Monday October 14th

TPCP-Rosin | 3810 Rosin Court Suite 170, Sacramento, CA 95834 | (916) 567-4222| www.tpcp.org | facebook.com/turningptcp

Hours: Monday – Friday, 9am – 5pm (CLOSED on major Holidays)

This program is funded by the Division of Behavioral Health Services through the County of Sacramento



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(Mentor of the Day = MOD)

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Sharon</i>	<i>Karen</i>	<i>Karen</i>	<i>Sharon</i>	<i>Sharon</i>	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

9340 E Stockton Blvd
Suite 170 Elk Grove, CA 95624

(916) 584-7216

CORE MADISON

3628 Madison Ave., Suite 10
North Highlands, CA 95660

(916) 388-3231

CORE ROSIN

3810 Rosin Court,
Sacramento, CA 95834

(916) 567-4222

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