



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

You must be a registered member to attend groups

MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am “Move, Motivate and Maintain” -Felicia/Danny	9:30am – 10:30am “Remaining Present” -Ralph/Felicia	9:30am – 10:30am “Life Management Skills” -Danny/Ralph	9:30am-10:30am “I am Enough” -Felicia/Ralph	10:00am-11:30am “Listen to your Art” “Writing” -Felicia/Danny	
11:00am-12:00pm “Keeping Your Cool” -Felicia/Danny	11:00am-12:00pm “Life Management Skills” (Money Matters) -Ralph/Felicia	COMMUNITY FORUM EVERY 3RD WEDNESDAY @ 12:30PM		1:00pm-2:00pm “Healthy Boundaries” -Danny/Felicia	
12:30pm-4:00pm Open Assessment Hours	1:30pm-2:30pm “Supporting Sobriety” -All	1:30pm-2:30pm “Bingo” -All	12:30pm-4:00pm Open Assessment Hours	2:00pm-3:30pm Lounge Jam -All	

SPECIAL ANNOUNCEMENTS:

- **Community Forum** every 3rd Wednesday, **5/21/2025**. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- **The CWC will be closed Monday May 26th for the Memorial Day holiday.**

TPCP-Elk Grove | 9340 E Stockton BLVD Elk Grove, CA 95624 | 916/584-7216 | www.tpcp.org | facebook.com/turningptcp

Hours: Monday – Friday, 8:30am – 4:30pm (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>Ralph/Felicia</i>	<i>Danny/Felicia</i>	<i>Felicia/Ralph</i>	<i>Danny/Ralph</i>	<i>Ralph/Danny</i>	Closed

Open Assessment Hours

Open Assessment Hours

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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