



# TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

*You must be a registered member to attend groups*

AUGUST 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”  - Ralph/Danny	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”  - Danny/Felicia	11:00am-12:00pm “Life Management Skills” (Money Matters)  - Felicia/Ralph	<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> WEDNESDAY @ 12:30PM</b>		1:00pm-2:00pm “Healthy Boundaries”  -Danny/Felicia	
12:30pm-4:00pm Drop In Hours			12:30pm-4:00pm Drop In Hours		
	1:30pm-2:30pm “Supporting Sobriety”  -All	1:30pm-2:30pm “Bingo”  -Danny/Ralph		2:00pm-3:30pm Lounge Jam  -All	

TPCP-Elk Grove | 9340 E Stockton BLVD Elk Grove, CA 95624 | 916/584-7216 | [www.tpcp.org](http://www.tpcp.org) | [facebook.com/turningptcp](https://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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### SPECIAL ANNOUNCEMENTS:

- **Community Forum** every 3<sup>rd</sup> Wednesday, 8/20/2025. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- **ICE CREAM SOCIAL** Friday 8/15/25 1pm-3pm Come join us for a special day of socializing, games, and ICE CREAM w/ all the toppings!
- **The CWC will be closed Monday September 1st for the Labor Day holiday.**

*(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

Drop In Hours

Drop In 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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