

# TPCP CORE PROGRAM GROUP CALENDAR - MADISON

OCTOBER 2025

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – 11:30am Healthy Boundaries -Alfredo/Shawn	1:30pm-2:30pm Move, Motivate, Maintain -Shawn/Shaima	10:00am – 11:00am Life Management Skills (Safety Group) -Alfredol	9:30-10:30am "Moments of Tranquility (Creative Writing) -Shawn		
			COMMUNITY FORUM EVERY 3 <sup>RD</sup> THURSDAY @ 12:30PM		
11:30am-12:30pm Supporting Sobriety -Shawn/Alfredo	11:00am-12:00pm Life Management Skills (Decision Making) -Alfredo/Shawn	11:00am-12:00pm Building & Understanding (Communication) -Shaima/Alfredo	11:00pm-12:00pm Life Management Skills -Shaima/Alfredo	11:00am-12:00pm Life Management Skills (Money Matters) -Shawn/Alfredo	
		1:00pm-4:00pm Drop In Hours	1:00pm-4:00pm Drop In Hours		
1:30pm-2:30pm Creating Balance -Alfredo/Shawn	1:30pm-2:30pm Rising Above it All (Creative Writing) -Shaima/Shawn				
11:00pm-12:00pm	2:45pm-3:45pm	2:45PM-4:15PM	2:45PM-4:15PM	2:45-4:15pm	
Life Management Skills -Shawn/Alfredo	Bingo	Lounge Jam	Listen to Your Art 1 (Art Projects)	Lounge Jam	
	-All Mentors 3:00PM-4:00PM	-All Mentors 3:00PM-4:00PM	-All Mentors	-All Mentors	
	Building &	Life Management			
	Understanding	Skills			
	(Communication) -Alfedo/Shaima	-Shaima/Shawn			

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | www.tpcp.org | facebook.com/turningptcp Hours: Monday – Friday, 8:30am – 4:30pm (CLOSED on major Holidays)



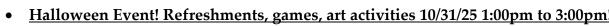
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#### SPECIAL ANNOUNCEMENTS:

- <u>Community Forum every 3<sup>rd</sup> Thursday</u>, 10/16/25. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- Mental Health Day October 10th. Check your CWC's for special events.





 $(Mentor\ of\ the\ Day = MOD)$ 

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Shaima/Shawn	Alfredo/Shawn	Alfredo/Shaima	Shawn/Alfredo	Shaima/Shawn	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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