



# TPCP CORE PROGRAM GROUP CALENDAR – MADISON

NOVEMBER 2025

You must be a registered member to attend groups

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

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | [www.tpcp.org](http://www.tpcp.org) | [facebook.com/turningtpcp](https://facebook.com/turningtpcp)

**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> Thursday, 11/20/25. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- The CWC's will be closed for observation of Veterans Day 11/11/25
- **The CWC's will be closed for Thanksgiving 11/27 & 11/28.**
- Holiday Events: Please check flyers with announcements.

*(Mentor of the Day = MOD)*

| MOD SCHEDULE: | MONDAY              | TUESDAY              | WEDNESDAY             | THURSDAY             | FRIDAY              | SATURDAY |
|---------------|---------------------|----------------------|-----------------------|----------------------|---------------------|----------|
|               | <i>Shaima/Shawn</i> | <i>Alfredo/Shawn</i> | <i>Alfredo/Shaima</i> | <i>Shawn/Alfredo</i> | <i>Shaima/Shawn</i> | Closed   |

*Drop In Hours*

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### **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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