



# TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

*You must be a registered member to attend groups*

JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am “Move, Motivate and Maintain”  -All	9:30am – 10:30am “Remaining Present”  -All	9:30am – 10:30am “Life Management Skills”  -All	9:30am-10:30am “I am Enough”  -All	10:00am-11:30am “Listen to your Art” “Writing”  -All	
11:00am-12:00pm “Keeping Your Cool”  - All	11:00am-12:00pm “Life Management Skills” (Money Matters)  - All	<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> WEDNSDAY @ 12:30PM</b>		1:00pm-2:00pm “Healthy Boundaries”  -All	
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”  -All		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, 1/21/2026. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- The CWC's will be closed Thursday New Years Day 1/1/22026
- The CWC's will be closed on Monday observance of MLK Day 1/19/2026.
- Special Events: Please check flyers with announcements.

*(Mentor of the Day = MOD)*

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Shaima/Danny	Danny/Shaima	Shaima/Danny	Danny/Shaima	Shaima/Danny	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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