



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	COMMUNITY FORUM EVERY 3RD WEDNSDAY @ 12:30PM		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 | 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 3rd 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 1/1/2026
- 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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