



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

You must be a registered member to attend groups

JANUARY 2026

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 -Alfredo/	9:30-10:30am “Moments of Tranquility (Creative Writing) -Shawn COMMUNITY FORUM EVERY 3RD 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 -Shawn/Alfredo	
1:30pm-2:30pm Creating Balance -Alfredo/Shawn	1:30pm-2:30pm Rising Above it All (Creative Writing) -Shaima/Shawn	1:00pm-4:00pm Drop In Hours	1:00pm-4:00pm Drop In Hours		
11:00pm-12:00pm Life Management Skills -Shawn/Alfredo	2:45pm-3:45pm Bingo -All Mentors	2:45PM-4:15PM Lounge Jam -All Mentors	2:45PM-4:15PM Listen to Your Art 1 (Art Projects) -All Mentors	2:45-4:15pm Lounge Jam -All Mentors	
	3:00PM-4:00PM Building & Understanding (Communication) -Alfredo/Shaima	3:00PM-4:00PM Life Management Skills -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)

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 Thursday, 1/15/2026. 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
	Shawn	Alfredo/Shawn	Alfredo	Shawn/Alfredo	Alfredo	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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