



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

APRIL 2026

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	10:00am – 11:00am Life Management Skills -Alfredo/	9:30-10:30am “Moments of Tranquility (Creative Writing) -Shawn		
			<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> THURSDAY @ 12:30PM</b>		
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) -Alfredo	11:00pm-12:00pm Life Management Skills -Alfredo	11:00am-12:00pm Life Management Skills -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) -Shawn				
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	3:00PM-4:00PM Life Management Skills -Shawn			

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | www.tpcp.org | 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*



# TPCP CORE PROGRAM GROUP CALENDAR – MADISON

APRIL 2026

*You must be a registered member to attend groups*

## SPECIAL ANNOUNCEMENTS:

- **Community Forum every 3<sup>rd</sup> Thursday, 4/16/26. Join us for discussions about YOUR wellness! We want your ongoing feedback.**
- **Special Events: Please check flyers with announcements.**

*(Mentor of the Day = MOD)*

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Shawn</i>	<i>Alfredo/Shawn</i>	<i>Alfredo</i>	<i>Shawn/Alfredo</i>	<i>Alfredo</i>	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

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | www.tpcp.org | 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*