



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

SEPTEMBER 2026

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – 11:30am Healthy Boundaries -Alfredo/Shawn	9:00am-10:30am Move, Motivate, Maintain -Shawn	10:00am – 11:00am Life Management Skills -Alfredo/	9:30-10:30am “Moments of Tranquility (Creative Writing) -Catalina/Shawn		
			COMMUNITY FORUM EVERY 3 RD THURSDAY @ 12:30PM		
11:30am-12:30pm Supporting Sobriety -Shawn/Alfredo	11:00am-12:00pm Keeping Your Cool -Emmanuel/Catalina	11:00am-12:00pm Building & Understanding (Communication) -Alfredo	11:00pm-12:00pm Life Management Skills -Alfredo/Catalina	11:00am-12:00pm Life Management Skills -Emmanuel/Alfredo	
		1:00pm-4:00pm Drop In Hours	1:00pm-4:00pm Drop In Hours		
1:30pm-2:30pm Creating Balance -Alfredo/Emmanuel	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/Catalina	3:00PM-4:00PM Life Management Skills -Shawn/Emmanuel			

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



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SPECIAL ANNOUNCEMENTS:

- **Community Forum** every 3rd Thursday, 9/17/26. Join us for discussions about YOUR wellness! We want your ongoing feedback.
- **The CWC's will be closed September 7 for the Labor Day holiday.**
- **Special Events: Check center flyers.**

(Mentor of the Day = MOD)

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Catalina/Emmanuel	Alfredo/Emmanuel	Emmanuel/Shawn	Shawn/Alfredo	Alfredo/Catalina	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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