TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

You must be a registered member to attend groups

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am "Move, Motivate and Maintain" *-Danny/Sharon*	9:30am – 10:30am "Remaining Present" *-Sharon/Danny*	9:30am – 10:30am "Life Management Skills" *-Danny/Sharon*	9:30am-10:30am "I am Enough" *-Sharon/Danny*	10:00am-11:30am "Listen to your Art" *"Writing"* *-Sharon/Danny*	
11:00am-12:00pm "Keeping Your Cool" *- Sharon/Danny*	11:00am-12:00pm "Life Management Skills" (Money Matters) *- Danny/Sharon*	**COMMUNITY FORUM EVERY 3RD WEDNSDAY @ 12:30PM**		1:00pm-2:00pm "Healthy Boundaries" *-Danny/Sharon*	
12:30pm-4:00pm Drop In Hours			12:30pm-4:00pm Drop In Hours		
	1:30pm-2:30pm "Supporting Sobriety" *-Sharon*	1:30pm-2:30pm "Bingo" *-Danny/Sharon*		2:00pm-3:30pm Lounge Jam *-Danny/Sharon*	

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

TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

You must be a registered member to attend groups

NOVEMBER 2026

SPECIAL ANNOUNCEMENTS:

- **Community Forum every 3rd Wednesday, 11/18/2026. Join us for discussions about YOUR wellness! We want your ongoing feedback.**
- **The CWC's will be closed November 26 and 27th for the Thanksgiving holiday.**
- **Special Events: Check with CWC Mentor's.**

(Mentor of the Day = MOD)

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sharon/Amy	*Danny/Sharon*	*Danny*	*Danny/Sharon*	*Sharon*	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

This program is funded by the Division of Behavioral Health Services through the County of Sacramento