TPCP CORE PROGRAM GROUP CALENDAR – MADISON

You must be a registered member to attend groups

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am Move, Motivate, Maintain *-Shawn*	9:00am-10:00am Move, Motivate, Maintain *-Shawn*	10:00am – 11:00am Life Management Skills *-Shawn/Alfredo/*	9:00am-10:00am Move, Motivate, Maintain *-Shawn*	10:00am – 11:00am American Sign Language *-Catalina/Emmanuel*	
10:00am – 11:00am American Sign Language *-Catalina/Emmanuel*			**COMMUNITY FORUM EVERY 3RD 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*				
2:30pm-3:30pm Healthy Boundaries *-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 (Art Projects) *-All Mentors*	2:45-4:15pm Lounge Jam *-All Mentors*	
	3:00PM-4:00PM Building & Understanding (Communication) *-Alfedo/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/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, 11/19/26. **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
	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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