TPCP CORE PROGRAM GROUP CALENDAR – Rosin

You must be a registered member to attend groups

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am – 11:00am Remaining Present *-Leah/Janae*	10:00am – 11:00am Rising Above It All *-Leah/Tyrelle*	10:00am-11:00am I Am Enough *-Tyrelle/Janae*	10:00am-11:00am Healthy Boundaries *-Janae/Leah*		
1:30pm-2:30pm Moments of Tranquility *-Tyrelle/Leah*	1:00pm – 2:00pm Supporting Sobriety *-Leah/Tyrelle*	**COMMUNITY FORUM EVERY 3RD WEDNSDAY @ 12:30PM** 1:00pm-4:00pm Drop-In Hours	1:00pm-4:00pm Drop-In Hours	11:00am-12:00pm Creating A Balance *-Leah/Tyrelle*	
2:30pm-3:30pm Listen to Your Art *-Leah/Janae*	2:00pm-3:00pm Bingo *-Janae/Leah*			1:30pm-2:30pm Keeping Your Cool *-Tyrelle/Leah*	
	3:00pm-4:00pm Mending Our Hearts *-Janae/Leah*			3:00pm-4:15pm Karaoke/Lounge Jam (every other week) *-All*	

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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
	Janae/Tyrelle	*Tyrelle/Janae*	*Leah/Janae* Drop-In Hours	*Tyrelle/Leah* Drop-In Hours	*Janae/Leah*	Closed

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
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, Suite 170
Sacramento, CA 95834
(916) 567-4222

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