

Wellness & Recovery Center South - Bowling Drive

Calendar - FREE Self-Help Groups



Phone: (916) 394-9195
7171 Bowling Drive, Suite 300
Sacramento, CA 95823

Hours: 9:00am – 5:00pm

Days: Monday – Saturday

Wellnessinfo@Consumersselfhelp.org

Beginning October 9th, the center is open on Saturdays

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
Morning Meeting 9:30	Morning Meeting 9:30	Morning Meeting 9:30	Morning Meeting 9:30	Morning Meeting 9:30
Waking Up with Positivity Jason/Tracy 9:30 – 10:30 jcooper@consumersselfhelp.org	Healing from Trauma Tracy/Fanica 9:30 – 10:30 tbridges@consumersselfhelp.org	Depression Support Fanica/Ryan 9:30 – 10:30 fsims@consumersselfhelp.org	TBD Fanica/Jason 9:30 – 10:30 fsims@consumersselfhelp.org	Choice Theory Ryan/Sharon 9:30 – 10:30 rcoppage@consumersselfhelp.org
	Cooking on a Budget Sharon/Fanica 11:00 – 12 sjohnson@consumersselfhelp.org	TBD Fanica/Ryan 11:00 – 12:00 fsims@consumersselfhelp.org	TBD Fanica/Jason 11:00 – 12:00 fsims@consumersselfhelp.org	Bingo Tracy/Sharon 10:30 – 11:30 tbridges@consumersselfhelp.org
	<i>Break: 12 – 1</i>	<i>Break: 12 – 1</i>	<i>Break: 12 – 1</i>	<i>Break: 12 – 1</i>
Mental Health Recovery Tracy/Jason 2:00 – 3:00 tbridges@consumersselfhelp.org	Anxiety Support Sharon/Fanica 1 – 2 sjohnson@consumersselfhelp.org	I'm Listening Jason/Ryan 1 – 2 jcooper@consumersselfhelp.org	PTSD Support Ryan/Jason 1 – 2 rcoppage@consumersselfhelp.org	Positive Vibes Jason/Sharon 1 – 2 jcooper@consumersselfhelp.org
	Anger Management Sharon/Fanica 2:30 – 3:30 sjohnson@consumersselfhelp.org	Social Room Activities 2:30 – 3:30	Co-Occurring Ryan/Jason 2:30 – 3:30 rcoppage@consumersselfhelp.org	Bingo Tracy/Sharon 2:30 – 3:30 tbridges@consumersselfhelp.org
SATURDAYS				
Movie Fanica/Sharon 10:30 – 12:30 fsims@consumersselfhelp.org				

For the latest calendars visit: <http://www.consumersselfhelp.org/Home/calendar>



October Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
					Center Closed
4	5	6	7	8	9
		Wellness Team Meeting 4-5 pm			<u>Center Opened</u>
11	12	13	14	15	16
<u>Center Closed</u> Indigenous Peoples' Day					<u>Center Opened</u>
18	19	20	21	22	23
		Wellness Team Meeting 4-5 pm			<u>Center Opened</u>
25	26	27	28	29	30
					<u>Center Opened</u>

Updates for June:

- Beginning June 1st, 2021 groups are now held on-site or online.

🕒 = Time Change
☀️ = New Group

<u>Mentors of the Day:</u>
Mondays: Ryan
Backup: Jason
Tuesday: Jason
Backup: Ryan
Wednesday: Sharon
Backup: Tracy
Thursdays: Tracy
Backup: Sharon
Fridays: Fanica
Backup: Team
Saturday: Team
Backup: Fanica

