

Calendar of events and Hours (9:00 am to 5:00 pm) Monday through Saturday

May



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Having trouble, got a question? Send the Facilitator a message.</p> <p>Tbridges@ sjohnson@ Jcooper@ fsims@ rcoppage@</p> <p>all are @ consumersselfhelp.org</p>	<p>Entertainment /movies /Activities/ artwork 10:00am to 1:00 PM</p> <p>-----</p> <p>Employment readiness and self-care with Team from 2:00pm to 3pm</p> <p>-----</p> <p>Basic computer skills, resume, email, Zoom, applications, and more with Team 3PM to 4PM</p>	<p>Healing from trauma Tracy 9:30 am to 10:30 am Zoom#82478119496 Pass 222570</p> <p>-----</p> <p>Manage stress Sharon 11:00am - 12:00pm Zoom#89611092819 Pass 073327</p> <p>-----</p> <p>Anxiety support Sharon 1:00-2:00 Zoom 86056393150 Pass 610982</p> <p>-----</p> <p>Manage Anger With Sharon 2:30pm to 3:30pm Zoom#83860156827 Pass 482115</p>	<p>Depression Support with Fanica 9:30 am to 10:30am Zoom#88519030064 Pass 514025</p> <p>-----</p> <p>Self-care with Fanica 11:00am to 12:00pm Zoom#86568348665 Pass 953253</p> <p>-----</p> <p>I'm listening with Jason 1:30 to 2:30 Zoom#82137707818 Pass 064904</p> <p>-----</p> <p>Bingo with Tracy 2:30pm</p> <p>-----</p> <p>Group paused to June Communication skills 3:30PM to 4:30PM Zoom#84979866278 Pass 095196</p>	<p>Brain games Jason 10:00am-11:00 Zoom#85953784339 Pass 110613</p> <p>-----</p> <p>Domestic violence with Fanica 11:00am to 12:00 Zoom#85603010704 pass 212780</p> <p>-----</p> <p>PTSD Support with Team 1:00pm to 2:00pm Zoom#82704893639 pass 217488</p> <p>-----</p> <p>Co-occurring Group With Team 2:30pm To 3:30pm Zoom#82847636041 pass 070573</p>	<p>Choice theory 10:30 To 11:30 w/Ryan Zoom#89342479696 Pass 061565</p> <p>-----</p> <p>Art group with Jason 1:30PM to 2:30PM</p> <p>-----</p> <p>Positive vibes with Jason 3:00pm to 4:00pm Zoom#89149875098 pass 048386</p>	<p>Bingo with Tracy 10:30am + 2:30pm</p> <p>-----</p> <p>Mental health Recovery w/Tracy 1:30pm to 2:30pm Zoom8236776226 Pass 578828</p>

Wellness & Recovery Center South - Bowling Drive Phone: (916) 394-9195 7171 Bowling Drive, Suite 300 Sacramento, CA 95823

Wellnessinfo@Consumersselfhelp.org FREE Self-Help Groups on Zoom 1-669-900-9128

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Mentor of the day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday Fanica Back up Jason	2	3	4	5	6	7 Mother's Day Weekend
Tuesday Jason Backup Team	9	10	11 Members Forum 1:00pm	12	13	14
Wednesday Sharon Backup Tracy	16	17	18	19 Closed BBQ in the park	20	21
Thursday Tracy Backup Sharon	23	24	25	26 Close early @230 Healing Staff Meeting	27	28
Friday Team Backup Team	Closed 30 Memorial Day	31	1	2	3	4
Saturday Team Backup Team	5	6	7	8	9	10

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