



# WELLNESS & RECOVERY CENTER – NORTH

A Program of Consumers Self Help Center

May 2022

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	
10:00am – 10:50am <b>Senior Moments</b> -KAREN/Eliego Meeting ID: 889 0183 4878 Passcode: 195862	10:00 – 10:50AM <b>Living Life on Purpose</b> -RALPH/Karen Meeting ID: 944 4236 2577 Password: 9ZwaAH Call In Password 014018	10:00-10:50am <b>Grief &amp; Loss</b> -KAREN/Leah Meeting ID: 847 6962 6587 Passcode: 419680	10:00am – 10:50am <b>Men’s Group</b> -RALPH/Danny Meeting ID: 839 7337 3628 Passcode: 464578	10:00-11:30am <b>Writing as a Path to Healing</b> -LEAH/Eliego Meeting ID: 812 8229 3547 Passcode: 258820	
11:00 – 11:50AM <b>ACT (Acceptance Commitment Therapy)</b> -KATY/Leah Meeting ID: 825 8380 1146 Passcode: 938949	11:00 – 11:50am <b>Recovery Pathways</b> -Katy/Karen Meeting ID: 856 5818 7924 Passcode: 352122	11:00-11:50am <b>Wellness Check In</b> -RALPH/Katy Meeting ID: 951 4746 9606 Password: 0EBvnm Call In Password 874527	11:00am- 11:50 <b>Coping w/ Anxiety</b> -ELIEGO/Leah Meeting ID: 968 1250 1050 Password: 3ZP8QT Call In Password 826252	12:00-12:50pm <b>Stress Relief through Mindfulness</b> -KATY/Star Meeting ID: 854 0828 0243 Passcode: 265935	<b>MEMBER CELEBRATION</b> 3 <sup>rd</sup> Thursdays @ 1PM Join us for refreshments and sharing successes.
12:00-12:50pm <b>The Four Agreements</b> -STAR/Leah Meeting ID: 993 4751 0180 Password: 7pSZDu Call in Password 780353	12:00pm – 12:50 <b>CBT Skills</b> -ELIEGO/Katy Meeting ID: 830 8252 9339 Passcode: 701889	12:00-1:20pm <b>Poetic Arts</b> -ELIEGO/Katy Meeting ID: 843 8379 7151 Passcode: 205092	12:00-12:50pm <b>Trauma Healing</b> -STAR/Katy Meeting ID: 858 3018 1886 Passcode: 792436	1pm – 1:50pm <b>Wellness Check In</b> -DANNY/Ralph Meeting ID: 946 3728 1455 Password: 0MXq0i Call In Password: 575803	
1:00pm – 1:50pm <b>Depression Support</b> -KAREN/Leah Meeting ID: 836 2979 8071 Passcode: 752430	1:30-2:20pm <b>Being the Best You Can Be</b> -DANNY/Star Meeting ID: 942 4054 2851 Password: 4AwT4p Call In Password 664618	1:30-2:20pm <b>Bipolar Support</b> -KAREN/Leah Meeting ID 821 3214 4781 Passcode: 789246	1pm – 1:50pm <b>Anger Management</b> -STAR/Karen Meeting ID: 810 0886 8824 Passcode: 634897	2:30-3:20PM <b>Communication Skills</b> -DANNY/Eliego Meeting ID: 819 0723 6184 Passcode: 464929	<b>PANCAKE BREAKFAST</b> 2 <sup>ND</sup> & 4 <sup>TH</sup> FRIDAYS @ 9:30AM
2:00-2:50pm <b>Overcoming Addiction</b> -STAR/Eliego Meeting ID: 896 2885 1561 Passcode: 156768	2:30-3:20PM <b>Building Boundaries</b> -RALPH/Star Meeting ID: 822 9983 7689 Passcode: 135604	2:30-3:20pm <b>Current Events</b> -DANNY/Ralph Meeting ID: 845 6495 1474 Passcode: 494579	2:00- 3:20pm <b>Women’s Group</b> -LEAH/Karen Meeting ID: 885 2981 8394 Passcode: 990677	3:30-4:45pm <b>Karaoke Lounge Jam</b> (in person group) -Katy/Various Mentors	
3:00-3:50PM <b>Life Management Skills</b> -DANNY/Eliego Meeting ID: 886 6691 1322 Passcode 929915	3:30 – 4:20PM <b>Self-Compassion</b> -ELIEGO/Danny Meeting ID: 897 2767 3102 Passcode: 511182	3:30-4:30PM <b>Staff Meetings/ Lounge Jam</b> (in person group) -Leah/Various Mentors	3:30-4:30pm <b>Art &amp; Soul</b> (in person group) -Katy/Star		

CALL 916/485-4175 for help with Zoom Groups. You must be a registered member to attend groups.

Zoom Call In # 669/900-9128

WRC North | 2500 Marconi Ave., Suite 100 Sacramento, CA 95821 | 916-485-4175 | www.consumersselfhelp.org | facebook.com/WRCNORTH

**Hours: Monday – Friday, 9am – 5pm (CLOSED on major Holidays)**

*This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, the Mental Health Services Act (MHSA)*



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## SPECIAL ANNOUNCEMENTS:

- **MEMBER CELEBRATION is BACK! Every 3<sup>rd</sup> Thursdays.**
- **PANCAKE BREAKFAST is BACK! Every 2<sup>nd</sup> & 4<sup>th</sup> Fridays.**
- Know someone who needs clinical services and is homeless?  
Refer them to the *Clinical Orientation for Unsheltered Individuals* held every Monday at 10:30am in the clinical services side of the center. Call 916/485-4175 and ask for Janna or J.
- When is your birthday? We want to celebrate you at the Member Celebrations. Let us know!
- **Peer State Conference coming up in June! Register NOW!!!**

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	RALPH/DAVID	DAVID/KATY	LEAH/ELIEGO	DANNY	KAREN	

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