

August and September

Monday

1:00pm—2:00pm Self Care, basic computer skills, Employment Readiness,
2:00pm — 3:00pm Zoom, and Interviews applications in person

Tuesday

11:00am— 12:00pm Managing Stress with Sharon
1:00pm— 2:00pm Anxiety Support with Sharon
2:00pm— 3:00pm Managing Anger with Sharon

Wednesday

2:30pm— 3:30pm Bingo with Tracy

Thursday

11:30am— 12:30pm Depression support with Tracy
1:00pm— 2:00pm PTSD Support with Ryan

Friday

10:30am— 11:30am Choice Theory with Ryan
1:30pm— 2:30pm Art Group with Jayson in person
3:00pm— 4:00pm Positive Vibes with Jayson

Wellness & Recovery Center South

7171 Bowling Dr, Ste 300

Sacramento, CA 95823

916-394-9195

wellnessinfo@consumersselfhelp.org

Free Self-Help Groups on Zoom. 1-669-900-9128 ID# 856-0301-0704 Pass:212780 Groups that are in person not found on Zoom

Calendar of Events and Hours (9:00 am to 5:00 pm) Monday through Friday no more Saturday

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Mentor of the day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday Ryan Back up Jason	1	2	3 Close early staff meeting	4	5	6
Tuesday Jason Backup Ryan	8	9	10	11	12	13
Wednesday Ralph Backup Tracy	15	16	17	18	19	20
Thursday Sharon Backup Ralph	22	23	24	25 Close early staff meeting	26	27
Friday Tracy Backup Sharon	29	30	31	1	2	3
	5 Closed Labor Day	6	7	8	9	10
	12	13	14	15	16	17
	19	20	21	22 Close early 2:30pm	23	24
	26	27	28	29	30	1