



WELLNESS & RECOVERY CENTER – NORTH

A Program of Consumers Self Help Center

SEPTEMBER 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
10:00am – 10:50am Senior Moments -KAREN/Eliego Meeting ID: 889 0183 4878 Passcode: 195862	GROUPS RETURNING SOON!	GROUPS RETURNING SOON!	NEW GROUPS COMING SOON!	10:00-11:30am Writing as a Path to Healing -LEAH/Eliego Meeting ID: 812 8229 3547 Passcode: 258820	
11:00 – 11:50AM ACT (Acceptance Commitment Therapy) -KATY/Leah Meeting ID: 825 8380 1146 Passcode: 938949	GROUPS RETURNING SOON!	GROUPS RETURNING SOON!	11:00am- 11:50 Coping w/ Anxiety -ELIEGO/Leah Meeting ID: 968 1250 1050 Password: 3ZP8QT Call In Password 826252	12:00-12:50pm Stress Relief through Mindfulness -KATY/Star Meeting ID: 854 0828 0243 Passcode: 265935	MEMBER CELEBRATION 3 rd Thursday @ 1PM SEPTEMBER 15 TH
12:00-12:50pm The Four Agreements -LEAH/Danny Meeting ID: 993 4751 0180 Password: 7pSZDu Call in Password 780353	12:00pm – 12:50 CBT Skills -ELIEGO/Katy Meeting ID: 830 8252 9339 Passcode: 701889	GROUPS RETURNING SOON!	12:00-12:50pm Trauma Healing -STAR/Katy Meeting ID: 858 3018 1886 Passcode: 792436	1pm – 1:50pm Wellness Check In -DANNY Meeting ID: 946 3728 1455 Password: 0MXq0i Call In Password: 575803	
1:00pm – 1:50pm Depression Support -KAREN/Leah Meeting ID: 836 2979 8071 Passcode: 752430	1:30-2:20pm Being the Best You Can Be -DANNY/Star Meeting ID: 942 4054 2851 Password: 4AwT4p Call In Password 664618	1:30-2:20pm Bipolar Support -KAREN/Leah Meeting ID 821 3214 4781 Passcode: 789246	GROUPS RETURNING SOON!	2:30-3:20PM Communication Skills -DANNY/Eliego Meeting ID: 819 0723 6184 Passcode: 464929	PANCAKE BREAKFAST 2 ND & 4 TH FRIDAYS @ 9:30AM
GROUPS RETURNING SOON!	GROUPS RETURNING SOON!	2:30-3:20pm Current Events -DANNY Meeting ID: 845 6495 1474 Passcode: 494579	2:00- 3:20pm Women's Group -LEAH/Karen Meeting ID: 885 2981 8394 Passcode: 990677	3:30-4:45pm Karaoke Lounge Jam (in person group) -Katy/Various Mentors	
GROUPS RETURNING SOON!	3:30 – 4:20PM Self-Compassion -ELIEGO/Danny Meeting ID: 897 2767 3102 Passcode: 511182	3:30-4:30PM Staff Meetings/ Lounge Jam (in person group) -Leah/Various Mentors	GROUPS RETURNING SOON!	GROUPS RETURNING SOON!	

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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SEPTEMBER 2022

**Member Celebration
9/15 @ 1pm
SPECIAL BBQ
GAMES
PRIZES**

**Pancake Breakfast
9/9 & 9/23**

SPECIAL ANNOUNCEMENTS:

- **JOIN US ON SEPTEMBER 15TH @ 1PM FOR A VERY SPECIAL CELEBRATION.**
- **PANCAKE BREAKFAST is BACK! Every 2nd & 4th Fridays.**

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

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