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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 10:00am – 11:00am  Remaining Present  *-Ralph/Karen* | 10:00am – 11:00am  Rising Above It All  *-Karen/Sharon* | 10:00am-11:00am  Supporting Sobriety  *-Sharon/Ralph* | 10:00am-11:00am  Healthy Boundaries  *-Sharon/Karen* | 10:00am-11:00am  Life Management Skills (Money Matters)  *-Karen/Ralph* |  |
|  |  |  |  |  |  |
| 1:30pm-2:30pm  Moments of Tranquility  -*Ralph/Karen* | 1:30pm-2:30pm  Build An Understanding    *-Karen/Sharon* | **COMMUNITY FORUM**  **EVERY 3RD WEDNSDAY @ 12:30PM** | 1:30pm – 2:30pm  I Am Enough  *-Karen/* *Ralph* | 11:00am-12:00pm  Life Management Skills (Decision Making)  *-Karen/Ralph* |  |
|  |  |  |  |  |  |
|  | 2:45pm-4:15pm  Bingo  -All | 11:00am-12:00pm  Creating A Balance or Art *-* *Ralph/Sharon* | 2:45pm-4:15pm  Bingo  -All | 1:30pm-2:30pm  Keeping Your Cool    *-Ralph/Sharon* |  |
|  |  |  |  |  |  |
|  |  | 1:30pm-2:30pm  Mending Our Hearts  *-Sharon/Ralph* |  | 2:45pm-4:15pm  Lounge Jam  -All |  |

**SPECIAL ANNOUNCEMENTS:**

* Community forum every 3rd Wednesday, **July 17** Join us for discussions about YOUR wellness! We want your ongoing feedback.
* **We are closed on Wednesday July 3rd. Join us for the Summer Wellness event. See staff for details.**
* **We are closed on Thursday July 4th to observe the holiday.**

*(Mentor of the Day = MOD)*

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| --- | --- | --- | --- | --- | --- | --- |
| **MOD SCHEDULE:** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | *Sharon/Ralph* | *Ralph/Karen* | *Karen/Ralph* | *Ralph/Sharon* | *Sharon/Karen* | Closed |

**COMMUNITY WELLNESS CENTERS**

• Peer to Peer Individual Support

• Social Room/Activities

• Access to Computers/Internet

• Self Help Groups

• Learn more about community resources in your area

**CORE ELK GROVE** **CORE MADISON** **CORE ROSIN**

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