



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

OCTOBER 2024

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am “Move, Motivate and Maintain” -All	9:30am – 10:30am “Remaining Present” -Ralph	9:30am – 10:30am “Life Management Skills” -Danny	9:30am-10:30am “I am Enough” -New Mentor/Danny	10:00am-11:30am “ Listen to your Art” “Writing” -New Mentor/Armin	
11:00am-12:00pm “Creating Balance” -New Mentor/Danny	11:00am-12:00pm “Life Management Skills” (Money Matters) -Ralph	<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> WEDNESDAY @ 12:30PM</b>	11:00am-12:00pm “Life Management Skills” (Decision Making) -New Mentor/Danny	1:00pm-2:00pm “Healthy Boundaries” -New Mentor/Armin	
1:30pm-2:30pm “Keeping your cool” -New Mentor/Danny	1:30pm-2:30pm “Supporting Sobriety” -All	1:30pm-2:30pm “Bingo” -All	1:30pm-2:30pm “Mending Our Hearts” -Danny/New Mentor	2:00pm-3:30pm Lounge Jam -All	

**SPECIAL ANNOUNCEMENTS:**

- Community forum every 3<sup>rd</sup> Wednesday. Join us for discussions about YOUR wellness! We want your ongoing feedback.  
**Next Forum is 10/16/24 @ 12:30pm**
- We will be closed for Indigenous Peoples Day on Monday October 14<sup>th</sup>

TPCP-Elk Grove | 9340 E Stockton BLVD Elk Grove, CA 95624 | 916/584-7216 | www.tpcp.org | facebook.com/turningtpcp

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

*This program is funded by the Division of Behavioral Health Services through the County of Sacramento*



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*(Mentor of the Day = MOD)*

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Ralph/Armin</i>	<i>Danny</i>	<i>New Mentor</i>	<i>Ralph</i>	<i>Danny</i>	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

9340 E Stockton Blvd  
 Suite 170 Elk Grove, CA 95624  
 (916) 584-7216

### CORE MADISON

3628 Madison Ave., Suite 10  
 North Highlands, CA 95660  
 (916) 388-3231

### CORE ROSIN

3810 Rosin Court,  
 Sacramento, CA 95834  
 (916) 567-4222

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