



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

NOVEMBER 2024

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am “Move, Motivate and Maintain” -Ralph/Danny	9:30am – 10:30am “Remaining Present” -Ralph/Felicia	9:30am – 10:30am “Life Management Skills” -Danny/Ralph	9:30am-10:30am “I am Enough” -Felicia/Danny	10:00am-11:30am “ Listen to your Art” “Writing” -Felicia/Ralph	
11:00am-12:00pm “Creating Balance” -Ralph/Danny	11:00am-12:00pm “Life Management Skills” (Money Matters) -Ralph/Felicia	<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> WEDNESDAY @ 12:30PM</b>	11:00am-12:00pm “Life Management Skills” (Decision Making) -Felicia/Danny	1:00pm-2:00pm “Healthy Boundaries” -Felicia/Ralph	
1:30pm-2:30pm “Keeping your cool” -Danny/Ralph	1:30pm-2:30pm “Supporting Sobriety” -All	1:30pm-2:30pm “Bingo” -All	1:30pm-2:30pm “Mending Our Hearts” -Danny/Felicia	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 11/20/24 @ 12:30pm**
- We will be closed for Veterans Day on Monday November 11<sup>th</sup>
- **“Watch You Wellness Grow” Special wellness activity event November 21st 1pm to 3pm**

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

**Hours:** Monday – Friday, 8:30am – 4:30pm (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>Felicia/Ralph</i>	<i>Danny/Felicia</i>	<i>Felicia/Ralph</i>	<i>Ralph/Danny</i>	<i>Danny/Ralph</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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