



TPCP CORE PROGRAM GROUP CALENDAR – MADISON

NOVEMBER 2024

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am – 11:30am Life Management Skills (Healthy Living)  -Alfredo/Shawn		10:00am – 11:00am Life Management Skills (Safety Group)  -Alfredo/LeShon	9:30-10:30am “Moments of Tranquility (Creative Writing) -LeShon/Shawn	10:00am-11:00am ASL (American Sign Language)  -All	
11:30am-12:30pm Supporting Sobriety  -Shawn/Alfredo	11:00am-12:00pm Life Management Skills (Decision Making)  -Alfredo/Shawn	11:00am-12:00pm Building & Understanding - Shawn/Alfredo		11:00am-12:00pm Life Management Skills (Money Matters)  -Shawn/Alfredo	
			<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> THURSDAY @ 12:30PM</b>		
1:30pm-2:30pm Healthy Boundaries  -LeShon/Alfredo	1:30pm-2:30pm Move, Motivate, Maintain  -Alfredo/Shawn	1:30pm-2:30pm Creating Balance  - Shawn/Alfredo	1:30pm-2:30pm Rising Above it All (Creative Writing) -LeShon/Shawn	1:30pm-2:30pm Life Management Skills -Shawn/Alfredo	
	2:45pm-3:45pm Bingo  -All Mentors	2:45PM-4:15PM Lounge Jam  -All Mentors	2:45PM-4:15PM Listen to Your Art 1 (Art Projects) -All Mentors	2:45-4:15pm Lounge Jam  -All Mentors	

TPCP-Madison | 3628 Madison Ave., Suite 10 North Highlands, CA 95660 | 916-388-3231 | 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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## SPECIAL ANNOUNCEMENTS:

- Community forum every 3<sup>rd</sup> Thursday. Join us for discussions about YOUR wellness! We want your ongoing feedback.  
Next Forum is 11/21/24 @ 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 21<sup>st</sup> 1pm to 3pm

*(Mentor of the Day = MOD)*

MOD SCHEDULE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Alfredo/Shawn</i>	<i>LeShon/Alfredo</i>	<i>Alfredo/Shawn</i>	<i>Shawn/LeShon</i>	<i>LeShon/Shawn</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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