



TPCP CORE PROGRAM GROUP CALENDAR – *Rosin*

NOVEMBER 2024

You must be a registered member to attend groups

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

SPECIAL ANNOUNCEMENTS:

- Community forum every 3rd Wednesday, 11/20/24 Join us for discussions about YOUR wellness! We want your ongoing feedback.
- We will be closed for Veterans Day on Monday October 14th
- **“Watch You Wellness Grow” Special wellness activity event November 21st 1pm to 3pm**

TPCP-Rosin | 3810 Rosin Court Suite 170, Sacramento, CA 95834 | (916) 567-4222 | www.tpcp.org | facebook.com/turningptcp

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>Sharon/Karen</i>	<i>Katy/Karen</i>	<i>Karen/Katy</i>	<i>Katy/Sharon</i>	<i>Sharon/Katy</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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