



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

JANUARY 2025

You must be a registered member to attend groups

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am “Move, Motivate and Maintain” - Felicia/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” -Felicia/Danny	11:00am-12:00pm “Life Management Skills” (Money Matters) -Ralph/Felicia	COMMUNITY FORUM EVERY 3RD WEDNESDAY @ 12:30PM	11:00am-12:00pm “Life Management Skills” (Decision Making) -Felicia/Danny	1:00pm-2:00pm “Healthy Boundaries” -Danny/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” -Ralph/Felicia	2:00pm-3:30pm Lounge Jam -All	

SPECIAL ANNOUNCEMENTS:

- Community forum every 3rd Wednesday. Join us for discussions about YOUR wellness! We want your ongoing feedback.
Next Forum is 1/15/2025 @ 12:30pm.
 - **We will be closed New Years Day 1/1/2025!!! Happy New Year!**
 - **We will be closed Monday 1/20/2025 for Martin Luther King Jr. Day.**

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>Ralph/Felicia</i>	<i>Danny/Felicia</i>	<i>Felicia/Ralph</i>	<i>Danny/Ralph</i>	<i>Ralph/Danny</i>	Closed

Walk In Day

Walk In Day

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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