



TPCP CORE PROGRAM GROUP CALENDAR – Elk Grove

MARCH 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/Ralph	10:00am-11:30am “ Listen to your Art” “Writing”  -Felicia/Danny	
11:00am-12:00pm “Creating Balance”  -Felicia/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/Ralph	1:00pm-2:00pm “Healthy Boundaries”  -Danny/Felicia	
1:30pm-2:30pm “Keeping your cool”  -Danny/Felicia	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 3<sup>rd</sup> Wednesday, **3/19/2025**. Join us for discussions about YOUR wellness! We want your ongoing feedback.

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
	Ralph/Felicia	Danny/Felicia	Felicia/Ralph	Danny/Ralph	Ralph/Danny	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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