



TPCP CORE PROGRAM GROUP CALENDAR – *Rosin*

APRIL 2025

*You must be a registered member to attend groups*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am – 11:00am Remaining Present <i>-Katy/Karen</i>	10:00am – 11:00am Rising Above It All <i>-Karen/Sharon</i>	10:00am-11:00am I Am Enough <i>-Sharon/Karen</i>	10:00am-11:00am Healthy Boundaries <i>-Sharon/Karen</i>	10:00am-11:00am Listen to Your Art <i>-Sharon/</i>	
1:30pm-2:30pm Moments of Tranquility <i>-Katy/Karen</i>	1:00pm – 2:00pm Supporting Sobriety <i>-Sharon/Katy</i>	<b>COMMUNITY FORUM EVERY 3<sup>RD</sup> WEDNESDAY @ 12:30PM</b>		11:00am-12:00pm Creating A Balance <i>-Karen/Katy</i>	
	2:00pm-3:00pm Bingo <i>-All</i>			1:30pm-2:30pm Keeping Your Cool <i>-Katy/Sharon</i>	
	3:00pm-4:00pm Mending Our Hearts <i>-Karen/Sharon</i>			2:45pm-4:15pm Bingo <i>-All</i>	

**SPECIAL ANNOUNCEMENTS:**

- Community forum every 3<sup>rd</sup> Wednesday, 4/16/2025. Join us for discussions about YOUR wellness! We want your ongoing feedback.

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



## TPCP CORE PROGRAM GROUP CALENDAR – Rosin

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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

*Walk in day*

*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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