



APRIL 2017



Monday

Tuesday

Wednesday

Thursday

Friday

<p>9-10 Men and Women 3 10-11 Pride: Dancing Dogs of the Sierra 11-12 MHSA Focus Group w/ Kristi 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>4 <u>EC CLOSED- Staff Training</u> </p>	<p>5 9-10 Men and Women 10-12 Pride: Story 11-12 Healthy Eating  12:30-2 Working With Emotions</p>	<p>6 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>7 9-12 </p>
<p>10 9-10 Men and Women 10-11 Pride: Anxiety 11-12 Meal Planning Group 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>11 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression </p>	<p>12 9-10 Men and Women 10-11 Pride: Karen Meyer 11-12 Celebrating our Heritage 12:30-2 Working With Emotions</p>	<p>13 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>14 9-12 Karaoke </p>
<p>17 9-10 Men and Women 10-11 Pride: Remembering Lisa  11-12 Seeds of Hope Grief 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>18 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>19 9-10 Men and Women 10-11 Pride: Chillin' and Relaxin'/Calendar  11-12 Healthy Eating <u>EC CLOSED-12pm Staff Training</u> </p>	<p>20 <u>EC CLOSED- Staff Training</u></p>	<p>21 9-11 Smile Keepers 21 9-12  </p>
<p>24 9-10 Men and Women 10-11 Pride: Stress Management 11-12 Meal Planning Group 1-2 Dual Diagnosis 2:30-3:30 Basic Computer Skills</p>	<p>25 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>26 9-12 MOVIE DAY: <u>Patch Adams</u>  <u>9-11 HAIRCUTS!</u>  12:30-2 Working w/ Emotions</p>	<p>27 8-3 Showers 10-11 180 Life Skills Group 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>28 9-12 Karaoke </p>
<p> APRIL </p>	<p>SHOWERS: Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3 </p>	<p>LAUNDRY: Tuesday 8-2 ~Laundry and Shower Supplies provided~ </p>	<p></p>	<p></p>

**TUOLUMNE
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COMMUNITY
CENTER FOR
WELLNESS AND
RECOVERY

Monday-Friday
8:00 a.m.—4:00 p.m.

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EnrichmentCenter](http://www.facebook.com/TuolumneCountyEnrichmentCenter)

