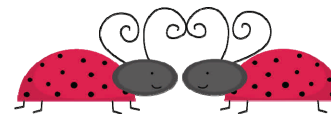




JUNE 2017

















Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
SHOWERS: Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3 	LAUNDRY: Tuesday 8-2 ~Laundry and Shower Supplies provided~ 		1 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	2 9-12 Karaoke  9-11 Gardening Day 11-12 Schizophrenia Group
5 9-10 Men and Women 10-11 Pride: Grief Overview with Sally 11-12 Seeds of Hope Grief Group 11-12 Meal Planning Group 1-2 Dual Diagnosis	6 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	7 9-10 Men and Women 10-11 Pride: LGBTQ 11-12 Healthy Eating 12:30-2 Working With Emotions 	8 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	9 9-12 Bingo 9-11 Gardening Day 9:30-12 Smile Keepers 11-12 Schizophrenia Group  
12 9-10 Men and Women 10-11 Pride: Being Productive with Mental Health Challenges: work- volunteer-school 11-12 Meal Planning Group 1-2 Dual Diagnosis	13 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	14 9-10 Men and Women 10-11 Pride: Heat Safety 11-12 Calendar, Relax & Chill 12:30-2 Working With Emotions 	15 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	16 9-12 Karaoke HAPPY BIRTHDAY JUNE BABIES!! 9-11 Gardening Day 11-12 Schizophrenia Group 
19 9-10 Men and Women 10-11 Pride: Foster Parents 11-12 Healthy Relationships With Kellae Brown, CNVC 11-12 Meal Planning Group 1-2 Dual Diagnosis	20 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression 	21 9-10 Men and Women 10-11 Pride: Tobacco Cessation-Kristina and Eddy 11-12 Healthy Eating 12:30-2 Working With Emotions	22 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	23 9-12 Bingo 9-11 Gardening Day 9:30-12 Smile Keepers 11-12 Schizophrenia Group  
26 9-10 Men and Women 10-11 Pride: Depression- Bipolar and Manic Issues 11-12 Meal Planning Group 1-2 Dual Diagnosis 	27 8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression	28 9-10 Men and Women 10-11 Pride: How to show Love, Kindness and Respect for Others 11-12 Personal Hygiene 12:30-2 Working w/ Emotions	29 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD	30 9-12 Karaoke 

**TUOLUMNE
 COUNTY
 ENRICHMENT
 CENTER**
 101 HOSPITAL RD.
 SONORA, CA 95370



Phone: 533-7114

Fax: 533-7113

**COMMUNITY
 CENTER FOR
 WELLNESS AND
 RECOVERY**

Monday-Friday
 8:00 a.m.—4:00 p.m.

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

