



JULY 2017



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












Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 9-10 Men and Women 10-11 Pride: Managing Life 11-12 Seeds of Hope Grief Group 11-12 Recreation 1-2 Dual Diagnosis</p>	<p>4 <u>EC CLOSED</u> </p>	<p>5 9-10 Men and Women 10-11 Pride: Listening 11-12 Healthy Eating 12:30-2 Working With Emotions </p>	<p>6 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>7  10am: <u>4th of July Celebration:</u> <u>BBQ & Music</u> 9-11 Gardening 11-12 Schizophrenia Group</p>
<p>10 9-10 Men and Women 10-11 Pride: Bipolar 11-12 Games 11-12 Meal Planning Group 1-2 Dual Diagnosis</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: Heat Safety with Clarence Teem 11-12 Calendar and Relax 12:30-2 Working With Emotions</p>	<p>13 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>14 9-12 Bingo 9-11 Gardening Day  11-12 Schizophrenia Group</p>
<p>17 9-10 Men and Women 10-11 Pride: Anxiety 11-12 Seeds of Hope Grief Group 11-12 Recreation 1-2 Dual Diagnosis</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: Depression 11-12 Healthy Eating 12:30-2 Working With Emotions</p>	<p>20 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>21 9-12 Karaoke  9-11 Gardening Day 11-12 Schizophrenia Group</p>
<p>24 9-10 Men and Women 10-11 Pride: Exercise/Activity for Stress Relief 11-12 Happy Memories 11-12 Meal Planning Group 1-2 Dual Diagnosis</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 9-10 Men and Women 10-11 Pride: Community Resources for Support 11-12 Recreation 12:30-2 Working With</p>	<p>27 8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>28 9-12 Bingo 9-11 Gardening Day  9:30-12 Smile Keepers 11-12 Schizophrenia Group</p>
<p>31 9-10 Men and Women 10-11 Pride: Boredom -How to deal with it 11-12 Recreation 1-2 Dual Diagnosis</p>	<p></p>	<p></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>



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/TuolumneCountyEnrichmentCenter

