

# AUGUST 2017







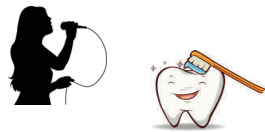


Monday

Tuesday

Wednesday

Thursday

Friday

<p>SHOWERS:</p> <p>Monday 12-3 Wednesday 12-3 Thursday 8-3 Friday 12-3</p> 	<p>1</p> <p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>2</p> <p>9-10 Men and Women 10-12 Pride: Marina Koorkoff Psychosocial Rehabilitation Program-Columbia College 11-12 Healthy Eating 12:30-2 Working With Emotions</p> 	<p>3</p> <p>8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>4</p> <p>9-12 Karaoke 9-11 Gardening</p> 
<p>9-10 Men and Women 7 10-11 Pride: Loretta talks Rocks 11-12 Music/Games 11-12 Seeds of Hope Grief Group 1-2 Dual Diagnosis</p>	<p>8</p> <p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>9</p> <p>9-10 Men and Women 10-11 Pride: Calendar, Relax and Chill 11-12 Joke Day 12:30-2 Working With Emotions</p>	<p>10</p> <p>8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>11</p> <p>9-12 Bingo 9-11 Gardening</p> 
<p>9-10 Men and Women 14 10-11 Pride: Progress, not Perfection with Michelle 11-12 Recreation 1-2 Dual Diagnosis</p>	<p>15</p> <p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>16</p> <p>9-10 Men and Women 10-11 Pride: Famous People with Mental Health Challenges 11-12 Healthy Eating 12:30-2 Working With Emotions</p> 	<p><b>EC CLOSED- STAFF TRAINING</b></p> 	<p>18</p> <p>9-12 Karaoke 9-11 Gardening 9:30-12 Smile Keepers</p> 
<p>9-10 Men and Women 21 10-11 Pride: Makayla's Story 11-12 Music/Games 11-12 Seeds of Hope Grief 1-2 Dual Diagnosis</p>	<p>22</p> <p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>23</p> <p>9-10 Men and Women 10-11 Pride: Friendships-Traits of Good Friends 11-12 Recreation 12:30-2 Working w/Emotions</p>	<p>24</p> <p>8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>25</p> <p>9-12 Bingo 9-11 Gardening</p> 
<p>9-10 Men and Women 28 10-11 Pride: Jack and Sue On WRAP &amp; Advanced Directives 11-12 Recreation 1-2 Dual Diagnosis</p>	<p>29</p> <p>8-2 Laundry 11-2 Movie Day 12:30-1:30 AA 1:45-3:00 Bipolar and Depression</p>	<p>30</p> <p>9-10 Men and Women 10-11 Pride: Patti Denney Public Health—STDs 11-12 Stress Management 12:30-2 Working With Emotions</p>	<p>31</p> <p>8-3 Showers 11-12 Eating Disorder Support Group 2-3 Trauma Recovery/PTSD</p>	<p>LAUNDRY:</p>  <p>Tuesday 8-2 ~Laundry and Shower Supplies provided~</p>

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

