

February 2019 EVENTS

RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 * RiverbankSHC.com
 Cindy: 609-239-1786 (Center phone) or 609-462-8325 (cell)
 Jean: 609-634-7520, Michael: 609-462-8325 Call/text drivers
 Weekdays 12-2 pm or Saturday 6-8 pm for transportation

Sunday 12-4 pm	Mon closed	Tue closed	Wednesday 4:00-8:00pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
					1 Baby Steps	2 Ancora Hospital Outreach
3 Self-Esteem 	4	5	6 Hearing Voices Guided Imagery	7 Cooking with Brian	8 Trip to a play "Shakespeare in Hollywood"	9
10 Art Therapy	11	12 <i>Lourde's Hospital Outreach</i>	13 WRAP, All About You	14 Recreation Therapy, Life Coaching	15 Yoga/Tai Chi 	16
17 Movie at the Center	18	19	20 Men's and Women's Groups	21 It's not suppose to be this way!	22 Yoga/Tai Chi	23
24 Recovery Library	25	26 <i>Lourde's Hospital Outreach</i>	27 Hearing Voices, Emotions in Motion	28 Trip to a play "Sundays in the Park" musical/play 		