

January 2019

RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016

Cindy: 609-239-1786 (Center phone) or 609-480-6845 (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	2 Hearing Voices Guided Imagery	3 Recovery Library	4 Yoga and Tai Chi	5
6 Winter Wellness	7	8	9 Medication Education, WRAP	10 Recreational Therapy, Life Coaching	11 Yoga and Tai Chi	12 <i>Ancora Hospital Outreach</i>
13 Art Therapy	14	15 <i>Lourde's Hospital Outreach</i>	16 Hearing Voices SMART Recovery	17 Mining for Gold	18 Men's & Women's Groups	19
20 <i>Trip to</i> Classic Rock concert at Burlington Co. Library	21	22	23 Emotions in Motion, All About You	24 Financial Group Follow up, Games	25 <i>Trip to</i> Play at the Sedgwick Theater in Philadelphia "Awake and Sing!"	26
27 Recovery Library	28 <i>Southern SCAC Mtg 10:30-1:00</i>	29	30 <i>Trip to</i> Winter Dance Party at Delaware House	31 Setting Boundaries		