

April 2019

RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 * RiverbankSHC.com
Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)

Drivers: Michael: 609-462-8325 Nelly: TBA

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
 Hello Spring!	1  April Fool's Day	2 <i>Lourde's Hospital Outreach</i>	3 Hearing Voices Guided Imagery	4 Let's go for a Walk in the Park	5 Art Group	6
7 Thrift Store Shopping Trip	8	9	10 Nutrition & Exercise Accountability Group Kickoff	11 Recreation Therapy, Life Coaching	12 Yoga/Tai Chi, Games	13 <i>Ancora Hospital Outreach</i>
14 Movie Day at the Center	15 <i>SCAC Meeting</i>	16 <i>Lourde's Hospital Outreach</i>	17 SMART Recovery Artz in Action	18 Game Night	19 Dance Group & Lessons with Devynn	20
 closeD FOR	22	23	24 Hearing Voices, All About You	25 Men's & Women's Groups	26 Yoga/Tai Chi, Games	27 Comedy Sports Improv
28 Comedy Sports Improv Show	29	30	<p>A flower does not think about competing with the flower next to it. <i>It just blooms</i></p>			