



RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 * RiverbankSHC.com
 Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)
 Michael (Driver): 609-462-8325 Call/text driver
 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
<p><i>"Too often we underestimate the power of touch. A smile. A kind word. A listening ear. An honest compliment. Or the smallest act of caring. All of which have the potential to turn a life around."</i></p>					1 Trauma Group	2
3 NEW-R (Nutrition, Exercise, Wellness & Recovery)	4	5 <i>Lourde's Hospital Outreach</i>	6 Hearing Voices Guided Imagery	7 Baby Steps	8 <i>Don't worry, try</i> Yoga/Tai Chi, Games	9 <i>Ancora Hospital Outreach</i>
10 Art Therapy	11	12	13 WRAP, Self-Esteem	14 Recreation Therapy, Life Coaching	15 Paint Night 	16
17 St. Patrick's Day 	18 <i>SCAC Meeting</i>	19 <i>Lourde's Hospital Outreach</i>	20 Hearing Voices, Emotions in Motion	21  Cooking with Brian	22 Yoga/Tai Chi, Games	23
24 Trip to Academy of Natural Sciences Museum	25	26	27 SMART Recovery, All About You	28 COMHCO Mtg. Financial Group Follow Up, Games	29 Men's & Women's Groups	30
31 Dance Group & Lesson				<p><i>A goal without a plan is just a wish</i></p>		