

# Riverbank Self Help Center

# JUNE 2019



114 Riverbank, Burlington, NJ 08016 \* RiverbankSHC.com  
 Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)  
 Drivers: Michael: 609-462-8325 Nelly: 609-240-6331  
 Call/text drivers Weekdays 12-2 pm or Saturday 6-8 pm for transportation

Sunday 12-4 pm	Mon closed	Tue closed	Wednesday 4:00-8:30pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
						<b>1</b>
<b>2</b> Games Outside and Inside 	<b>3</b>	<b>4</b> <i>Lourde's Hospital Outreach</i>	<b>5</b> Hearing Voices, Guided Imagery	<b>6</b> Nutrition & Wellness	<b>7 Trip to Philly</b> One Man, Two Guvnors Quintessence Theatre	<b>8</b> <i>Ancora Hospital Outreach</i>
<b>9</b> Arts & Crafts, Exercise	<b>10</b>	<b>11</b>	<b>12</b> All About You, Financial Group	<b>13</b> Recreational Therapy, Life Coaching	<b>14</b> Yoga/Tai Chi	<b>15</b>
<b>16</b>  Nature Walk	<b>17</b>	<b>18</b> <i>Lourde's Hospital Outreach</i>	<b>19</b> Hearing Voices, Artz in Action	<b>20</b> Paint Night	<b>21</b> Yoga/Tai Chi	<b>22</b>
<b>23</b> Beach Trip 	<b>24</b>	<b>25</b>	<b>26</b> WRAP, SMART Recovery	<b>27</b> Men's & Women's Groups	<b>28 Trip to</b> Classic Stones <i>BC Library Amphitheater</i>	<b>29</b>
<b>30</b> Stigma, Exercise 	You can't go back and change the beginning, but you can start where you are and change the ending. C.S. Lewis					