

May 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: 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 4:00-8:00pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat close
<i>Every moment you have a choice – to be at peace or to be in resistance. When you are at peace, you attract positive energy and positive people into your life.</i>			1 Hearing Voices Guided Imagery	2 Recovering from Trauma	3 Yoga/Tai Chi Follow up on Nutrition & Exercise Group	4
5 Craft Group	6	7 <i>Lourde's Hospital Outreach</i>	8 Nutrition & Exercise Accountability Group	9 Recreational Therapy, Life Coaching	10 Learn to Dance with Devynn 	11 <i>Ancora Hospital Outreach</i>
12  Movie at the Center	13	14	15 Hearing Voices, All About You	16 Cooking Class Follow up on Nutrition & Exercise Group	17 Yoga/Tai Chi	18
19 NEW-R (Nutrition, Exercise, Wellness & Recovery)	20	21 <i>Lourde's Hospital Outreach</i>	22 WRAP Group, SMART Recovery	23 Artz in Action (Theater and Improv Games)	24 Trip—Bring Chairs Outdoor Movie at Smithville “Grease” 	25
26  BBQ and Potluck	27	28	29 Men's & Women's Groups	30 Trip  Nature Walk in the Park	31 Recovery Library	