

# September 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 4:00-8:30pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
<b>1</b>  <b>Labor Day BBQ &amp; Potluck at Riverbank</b>	<b>2</b>	<b>3</b> <i>Virtua Willingboro Hospital Outreach</i>	<b>4</b> <b>Hearing Voices, WRAP</b>	<b>5</b> <i>SCAC Meeting 10-1</i> <b>Guided Imagery</b>	<b>6</b> <b>Yoga/Tai Chi</b>	<b>7</b>
<b>8</b> <b>Trip to NJ State Museum Trenton</b> 	<b>9</b>	<b>10</b>	<b>11</b> <b>Nutrition &amp; Wellness, Financial Group</b>	<b>12</b> <b>Recreational Therapy, Life Coaching</b>	<b>13</b> <b>Craft Night</b>	<b>14</b> <i>Ancora Hospital Outreach</i>
<b>15</b> <b>Movie at the Center</b>	<b>16</b>	<b>17</b> <i>Virtua Willingboro Hospital Outreach</i>	<b>18</b> <b>Hearing Voices, SMART Recovery</b>	<b>19</b> <b>Nutrition &amp; Cooking</b>	<b>20</b> <b>Yoga/Tai Chi</b>	<b>21</b>
<b>22</b> <b>Fitness Fun</b>	<b>23</b>	<b>24</b>	<b>25</b> <b>Men's &amp; Women's Groups</b>	<b>26</b> <b>Artz in Action</b>	<b>27</b> <b>Let's talk NAMI, Games</b>	<b>28 Trip to Seaside Park NAMI Walk</b>
<b>29</b> <i>Center closed today</i> 	<b>30</b>		Nothing is impossible; the word itself says "I'm possible." ...		 <b>SEPTEMBER</b>	