




November 2019

Give Thanks

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 close	Tue closed	Wednesday 4:00-8:30pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
					1 Yoga/Tai Chi	2
3 Set you clocks back and sleep an extra hour :-) Trip to Philadelphia Zoo	4	5 Virtua Willingboro Hospital Outreach	6 Hearing Voices, Setting Boundaries with Social Media	7 Guided Imagery	8 Shopping Trip	9 Ancora Hospital Outreach
10 SMART Recovery	11	12	13 All About You	14 COMHCO Meeting 10-1:30 Life Coaching, Recreation Therapy	15 Yoga/Tai Chi	16
17 WRAP	18 SCAC Meeting 10:30-2	19 Virtua Willingboro Hospital	20 Hearing Voices, Sandy Kolla's Group	21 Devyyn's Dance Group	22 	23
24 Artz in Action	25	26	27 Financial Group, Gratitude Group	28 center closed 	29 center closed BLACK FRIDAY	30