



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 close
<i>Your past does not determine who you are. Your past prepares you for who you are to become.</i>		1 Virtua Willingboro Hospital Outreach	2 Hearing Voices, Guided Imagery	3 Yoga/Tai Chi	4 Financial Group	5
6 SMART Recovery	7	8	9 WRAP, Coping with Negative Self Talk	10 Recreational Therapy, Life Coaching	11 Trip to Mount Holly Prison for Outdoor Movie "Ghostbusters"	12 Ancora Hospital Outreach
13 Trip to Phila. Gayborhood OutFest Party	14	15 Virtua Willingboro Hospital Outreach	16 Hearing Voices, Artz in Action	17 Dancing with Devyyn	18 Yoga/Tai Chi	19
20 Busting Anxiety	21 SCAC Meeting 10:30-2:30	22	23 Nutrition, All About You	24 COMHCO Meeting 9:30 Mindfulness through Art	25 Trip to Long Bridge Park Nature Walk Life that Glows	26
27 Trip to Philadelphia Zoo	28	29	30 Men's & Women's Groups	31 Costume Optional Halloween Party		