



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
<b>1</b> SMART Recovery	<b>2</b>	<b>3</b> <i>Virtua Willingboro Hospital Outreach</i>	<b>4</b> Hearing Voices, Guided Imagery	<b>5</b> Stress Busters	<b>6</b> <i>Trip</i> Let's Go Shopping	<b>7</b>
<b>8</b> WRAP (Wellness Recovery Action Plan)	<b>9</b>	<b>10</b>	<b>11</b> Men's & Women's Groups	<b>12</b> Recreation Therapy, Life Coaching	<b>13</b> Yoga/Tai Chi	<b>14</b> <i>Ancora Hospital Outreach</i>
<b>15</b> <i>Trip to Phila</i> Holiday Concert and Lights	<b>16</b> <i>SCAC Meeting 10:30 am</i>	<b>17</b> <i>Virtua Willingboro Hospital Outreach</i>	<b>18</b> Holiday Party and 25th Anniversary Celebration	<b>19</b> Let's Make Chocolate Covered Pretzels	<b>20</b> Yoga/Tai Chi	<b>21</b> <i>Trip to Living Nativity</i>
<b>22</b> <i>Center Closed due to Saturday Night trip to the Living Nativity</i>	<b>23</b>	<b>24</b> Happy Christmas Eve	<b>25</b> <i>Center closed Merry Christmas</i> 	<b>26</b> Artz in Action	<b>27</b> Focusing on Finances in the New Year	<b>28</b>
<b>29</b> Karaoke, Games and Wii	<b>30</b>	<b>31</b> Happy New Years Eve		<i>Best wishes for happy holidays and a magnificent New Year. Let the spirit of love gently fill our hearts and homes.</i>		