

# January 2020

## RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 \* RiverbankSHC.com  
 Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)  
 Drivers: Wed, Thurs & Sun: 609-462-8325 Wed & Fri 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> Center Closed New Year's Day	<b>2</b> Journaling	<b>3</b> Yoga/Tai Chi	<b>4</b>
<b>5</b> Trip to Janet's Kidney Donation Awareness Event	<b>6</b>	<b>7</b> Virtua Willingboro Hospital Outreach	<b>8</b> Hearing Voices, Guided Imagery	<b>9</b> Recreation Therapy, Life Coaching	<b>10</b> Nutrition & Exercise	<b>11</b> Ancora Hospital Outreach
<b>12</b> Let's Make a Vision Board for the New Year	<b>13</b>	<b>14</b>	<b>15</b> WRAP, Assertiveness	<b>16</b> SMART Recovery	<b>17</b> Yoga/Tai Chi	<b>18</b>
<b>19</b> Maslow's Hierarchy of Needs	<b>20</b>	<b>21</b> Virtua Willingboro Hospital Outreach	<b>22</b> Hearing Voices, Artz in Action	<b>23</b> Trip to Financial Group at the Library	<b>24</b> Trip to Movie at Burlington City Library Abominable	<b>25</b>
<b>26</b> All About You	<b>27</b>	<b>28</b>	<b>29</b> Men's & Women's Groups	<b>30</b> Games	<b>31</b> Finacial Group with Maggie	