



RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 * RiverbankSHC.com
 Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)
 Drivers: Maggie: 609-462-8325 Nelly: 609-240-6331
 Call/text drivers Weekdays 12-2 pm or Saturday 6-8 pm for transportation
 If no one answers the phone, leave a message

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
<p><i>If we wait until we're ready, we'll be waiting for the rest of our lives.</i></p>						<p>1 Ancora Hospital Outreach</p>
<p>2 Art Group</p>	<p>3</p>	<p>4 Virtua Willingboro Hospital Outreach</p>	<p>5 Dance at Delaware House</p>	<p>6 Recreation Therapy</p>	<p>7 Yoga/Tai Chi</p>	<p>8</p>
<p>9 All About You</p>	<p>10</p>	<p>11</p>	<p>12 Hearing Voices, All About You</p>	<p>13 Trip to Cooking Class: Soups & Stews at Crosswicks Library</p>	<p>14 Happy Valentine's Day Mental Health Maintenance Plan</p>	<p>15</p>
<p>16 Trip to Play in Burlington "The Tin Woman"</p>	<p>17</p>	<p>18 Virtua Willingboro Hospital Outreach</p>	<p>19 SMART Recovery, Assertiveness</p>	<p>20 Interpersonal Communication Effectiveness Skills</p>	<p>21 Financial Group</p>	<p>22</p>
<p>23 Music Group</p>	<p>24 SCAC Meeting 10:30 am</p>	<p>25</p>	<p>26 Hearing Voices, WRAP</p>	<p>27 COMHCO Meeting Guided Imagery</p>	<p>28 Yoga/Tai Chi</p>	<p>29</p>