



# RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Drivers: Nelly: 609-240-6331 (MWF) & Ryan: 609-571-5191 (W,Sn)

Sunday 12-4 pm	Monday 3-7 pm	Tuesday 5-6 pm	Wednesday 3-7 pm	Thurs closed	Friday 12-4 pm	Sat closed
				<b>1</b>	<b>2</b> <b>Smart Recovery</b>	<b>3</b>
<b>4</b> <b>Healthy Eating During the Holidays</b>	<b>5</b>  <i>Christmas Shopping Trip</i>	<b>6</b> <b>Zoom Group</b>	<b>7</b> <b>Guided Imagery</b>	<b>8</b>	<b>9</b> <b>Penny Drop Money Management</b>	<b>10</b>
<b>11</b> <b>Singing City Choir: Handel's Messiah</b>	<b>12</b> <b>Winter Tips</b>	<b>13</b> <b>Zoom Group</b>	<b>14</b> <b>Emotions in Motion</b>	<b>15</b>	<b>16</b> <b>Staying "Rooted" and Grounded</b>	<b>17</b>
<b>18</b> <b>Singing Carols &amp; Making Candy</b>	<b>19</b> <b>Shady Brook Farm Light Show</b>	<b>20</b> <b>Zoom Group</b>	<b>21</b> <b>Ugly Sweater XMAS Party</b>	<b>22</b>	<b>23</b> <b>Closed</b>	<b>24</b>
<b>25</b> 	<b>26</b> <b>Closed</b>	<b>27</b> <b>Zoom Group</b>	<b>28</b> <b>Artz in Action</b>	<b>29</b>	<b>30</b> <b>Movie Day "Kings Park"</b>	<b>31</b> 