



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
			1 Men's and Women's Group	2	3 Shopping Trip 	4
5 Circles of Support	6 Philadelphia Flower Show	7 Zoom Group	8 Art Therapy	9	10 BCLS Technology Course	11
12 Gratitude Shamrocks	13 8 Dimensions of Wellness	14 Zoom Group	15 Guided Imagery	16	17 Yoga and Tai Chi	18
19 Karaoke Sunday	20 Healthy Habits	21 Zoom Group	22 Compassion Over Perfection	23	24 Grounding Techniques	25
26 Coping Skills Bingo	27 Money Management	28 Zoom Group	29 W.R.A.P.	30	31 Yoga and Tai Chi	