

May

RIVERBANK SELF HELP CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Facilitator: Jaime: 609-571-5791

Drivers: Ted: 609-322-0008 (Mon, Wed, Sun)

Chris: 609-462-3611 (Wed, Fri, Sun)

Sunday 1-5 pm	Monday 3-7 pm	Tuesday 5-6 pm	Wednesday 3-7 pm	Thurs closed	Friday 1-5 pm	Sat closed
			1 Rutgers SNAP-Ed	2	3 BCLS Technology Workshop	4
5 Shopping Trip 	6 	7	8 Men's and Women's Group	9	10 Yoga and Tai Chi	11
12 LGBTQIA+ Awareness	13 Healing Through Horticulture	14 Zoom Group	15 Wellness Recovery Action Plan	16	17 Nature Hike at the Park	18
19 Improving Environmental Wellness	20 NJ CHOICES	21	22 Rutgers SNAP-Ed	23	24 Tapping Basics	25
26 Memorial Day Weekend BBQ	27 Center Closed	28 Zoom Group	29 Emotions In Motion	30	31 Yoga and Tai Chi	