





RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 1-5pm	Monday 2:30-7pm	Tuesday 5:30-7pm	Wednesday 2:30-7pm	Thursday 2-4pm	Friday 12:30-4:30pm	Saturday 12:30-5pm
		1 Satellite Group Pemberton Library	2 1. Men's Group 2. Women's Group	3 Nature Walk	4 Closed 	5 Shopping Trip 
6 Exploring Identity	7 1. NJ CHOICES 2. Staying Cool in the Heat	8 Satellite Group Maple Shade OLPH	9 Guided Imagery	10 Nature Walk	11 6-9pm Trip to Concert at Burlington Amphitheater	12 
13 Movie Night: The Mystery of Chi	14 1. Creating a Growth Mindset 2. Yoga and Tai Chi	15 Zoom Group	16 Healthy Boundaries	17 Nature Walk	18 Medication Jeopardy	19 Stopping Anxiety
20 Finding Safe Spaces	21 1. NJ CHOICES 2. Healthy Coping Skills	22 Satellite Group Maple Shade OLPH	23 Wellness Recovery Action Plan	24 Nature Walk	25 Trip to Sylvan Lake	26 Yoga and Tai Chi
27 Tie-Dye Party	28 1. Rutgers SNAP-Ed 2. SMART Recovery	29 Closed	30 1. Hearing Voices Support Group 2. Trivia Night	31 Nature Walk		