



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 Creating Affirmations	2 Helpful Hygiene Hints
3 Exercises in Gratitude	4 Shopping Trip 	5 Satellite Group Pemberton Library	6 Emotions in Motion	7 Nature Walk	8 Breaking the Cycle of Avoidance	9 Relaxation Group
10 Psychiatric Advance Directive	11 Rutgers SNAP-ed	12 Satellite Group Maple Shade OLPH	13 1. Men's Group 2. Women's Group	14 Nature Walk	15 Paint Night	16 
17 Yoga and Tai Chi	18 UR in Charge	19 Satellite Group Maple Shade OLPH	20 1. Hearing Voices Support Group 2. Game Night	21 Nature Walk	22 Stretch Band Exercises	23 Grief Group
24 Diamond Art	25 Yoga and Tai Chi	26 Zoom Group	27 Cognitive Defusion	28 Nature Walk	29 Avoiding Bad Coping Skills	30 Values of Forgiveness
31 Trip to Trenton Thunder Game						