






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	Friday 12:30-4:30pm	Saturday 12:30-5pm
			1 1. Men's Group 2. Women's Group	2 CLOSED	3 Movie Night	4 Trip to NAMI Walk 9am 
5 Shopping Trip 	6 Honest Communication	7 CLOSED	8 Wellness Recovery Action Plan	9 CLOSED	10 Fighting Loneliness	11 Building Distress Tolerance
12 Spiritual Wellness	13 Yoga and Tai Chi	14 CLOSED	15 1. Hearing Voices Support Group 2. Trivia Night	16 CLOSED	17 Grief Roller Coaster	18 Karaoke Saturday
19 Bowling Trip	20 	21 Satellite Group Maple Shade OLPH	22 Emotions in Motion	23 CLOSED	24 Types of Boundaries	25 Yoga and Tai Chi
26 Breathing for Calm Energy	27 Practicing Positive Self Talk	28 Satellite Group Maple Shade OLPH	29 Stress Management	30 CLOSED	31 