



RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Assistant Program Coordinator: Andrew: 609-209-3954

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	Monday 1:30-7:00pm	Tuesday 5:30-7pm	Wednesday 1:30-7:00pm	Thurs closed	Friday 1:30-6:30pm	Sat 12:30-5pm
						1 Conflict Resolution Skills
2 Learning American Sign Language	3 Personal Crisis Plan	4 CLOSED	5 Trip to Seaside Heights	6	7 Shopping Trip 	8 How to Handle Self Doubt
9 SMART Recovery	10 1. Men's Group 2. Women's Group	11 Satellite Group Maple Shade	12 Artz in Action	13	14 	15 Yoga and Tai Chi
16 1. Counting it Out 2. Coping with Anxiety	17 Improving Eyesight	18 CLOSED	19 1. Hearing Voices Support Group 2. Game Night	20	21 Nature Hike Boundary Creek Park	22 1.How to be a Stress Manager and not a Stress Carrier 2. Financial Trusts and Your Benefits
23 Paint Night	24 Guided Imagery	25 Satellite Group Maple Shade	26 Tie-Dye Party and BBQ	27	28 72 Things that Treat Depression and Anxiety	29 1. Hoping & Wishing 2.Internet Safety
30 Yoga and Tai Chi	31 Famous Figures with Mental Illness					