



# 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<br>12:30-5pm                                                        | Monday<br>1:30-7:00pm                                                                                       | Tuesday<br>5:30-7pm                                                | Wednesday<br>1:30-7:00pm                                                                                                | Thurs<br>closed | Friday<br>1:30-6:30pm                                                        | Sat<br>12:30-5pm                                                                                              |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|                                                                            |                                                                                                             | <b>1</b><br><br><b>CLOSED</b>                                      | <b>2</b><br><br><b>1. Men's Group</b><br><b>2. Women's Group</b>                                                        | <b>3</b>        | <b>4</b><br><br><b>Popping Your Worries Away</b><br><b>Balloon Pop</b>       | <b>5 Columbus Mart</b><br> |
| <b>6</b><br><br><b>CLOSED</b>                                              | <b>7</b> <b>CLOSED</b><br> | <b>8</b><br><br><b>Satellite Group</b><br><b>Maple Shade OLPH</b>  | <b>9</b><br><br><b>Wellness Recovery Action Plan</b>                                                                    | <b>10</b>       | <b>11</b><br><br><b>1. SMART Recovery</b><br><b>2. Transportation Safety</b> | <b>12</b><br><br><b>Being Seen: Improving Self Esteem</b>                                                     |
| <b>13</b><br><br><b>1. Counting it Out</b><br><b>2. Improving Eyesight</b> | <b>14</b><br><br><b>Change Your Inner Dialogue</b>                                                          | <b>15</b><br><br><b>Burlington County Recovery Walk</b>            | <b>16</b> <b>NARCAN Training</b><br> | <b>17</b>       | <b>18</b><br><br><b>Financial Wellness</b>                                   | <b>19</b><br><br><b>Yoga and Tai Chi</b>                                                                      |
| <b>20</b><br><br><b>NJ State Museum and Planetarium Trip</b>               | <b>21</b><br><br><b>Decision Making Skills</b>                                                              | <b>22</b><br><br><b>Satellite Group</b><br><b>Maple Shade OLPH</b> | <b>23</b><br><br><b>Emotions In Motion</b>                                                                              | <b>24</b>       | <b>25</b><br><br><b>Spiritual Wellness</b>                                   | <b>26</b><br><br><b>Emotional Wellness</b>                                                                    |
| <b>27</b><br><br><b>Yoga and Tai Chi</b>                                   | <b>28</b><br><br><b>Consent and Boundaries</b>                                                              | <b>29</b><br><br><b>CLOSED</b>                                     | <b>30</b><br><br><b>1. Hearing Voices Support Group</b><br><b>2. Trivia Contest</b>                                     |                 |                                                                              |                                                                                                               |