



RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

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	2 SMART Recovery	3 Values: What Kind of Person do I want to be?
4 Liberty Square Center 	5 Building a Life I Actually Want	6 CLOSED	7 1. Men's Group 2. Women's Group (Breast Cancer Awareness Month)	8	9 72 Things that Treat Depression and Anxiety	10 1. Feeling Sculpture 2. Paint Night
11 1. Music Jam 2. Counting it Out	12 1. Life Coaching 2. 	13 Satellite Group Maple Shade OLPH	14 Unlocking Your Inner Resilience	15	16 Bowling Trip 	17 Environmental Wellness
18 1. Self Esteem 2. Yoga and Tai Chi	19 Wellness Recovery Action Plan	20 CLOSED	21 1. Hearing Voices Support Group 2. Master Self Discovery	22	23 1. Social Wellness 2. Nutrition	24 Trip to Autumn Lands Festival Smithville Park
25 Yoga and Tai Chi	26 Finding Balance Between Emotion and Reason	27 Satellite Group Maple Shade OLPH	28 Emotions In Motion	29	30 1. Spider Rings: don't get entangled in your thoughts 2. Occupational Wellness	31 