November

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 72 Things that Treat Depression and Anxiety	**2** Winter Hygiene Tips	**3** CLOSED Election Day	**4** 1. MHANJ Presentation 2. Men's Group 3. Women's Group	**5**	**6** Moorestown Mall 	**7** Fall Fun Fest Burlington City
8 Trip to Grounds for Sculpture	**9** 1. Life Coaching 2. Coping with Grief during the Holidays	**10** Satellite Group OLPH Maple Shade	**11** UR in Charge	**12**	**13** 1. Nervous System Recovery 2. Physical Wellness	**14** 1. Learn American Sign Language 2. Intellectual Wellness
15 1. Nutrition 2. Arts and Crafts	**16** 	**17** CLOSED	**18** 1. Hearing Voices Support Group 2. Holiday Trivia	**19**	**20** 1. Balancing Wants and Needs 2. Gratitude Jar	**21** Managing Emotions: Healthy Ways to Handle Frustration
22 1. SMART Recovery 2. Self Esteem	**23** 1. Holiday Dinner 2. Being Thankful For What You Have	**24** Satellite Group OLPH Maple Shade	**25** CLOSED	**26** CLOSED 	**27** CLOSED	**28** 1. Chair Massage 2. Karaoke
29 1. Staying Health through the Holidays 1. Artz in Action	**30** 1.Yoga & Tai Chi 2. Advocating to End Stigma					