



# RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 \* RiverbankSHC.com  
 Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)  
 Drivers: Maggie: 609-462-8325 Nelly: 609-240-6331  
 Call/text drivers Weekdays 12-2 pm or Saturday 6-8 pm for transportation  
 If no one answers the phone, leave a message

Sunday 12-4 pm	Mon closed	Tue closed	Wednesday 4:00-8:30pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
<b>1</b> Center closed Trip for Volunteer Recognition Day to Philadelphia Flower Show	<b>2</b>	<b>3</b> Virtua Willingboro Hospital Outreach	<b>4</b> Hearing Voices, Guided Imagery	<b>5</b> Disarming Anger Strategies	<b>6</b> Trip to "Albert Herring" Comic Opera at the Kimmel Center, Phila	<b>7</b> Daylight Savings Time Tonight 2am Ancora Hospital Outreach
<b>8</b> Trip to BC Library "The Lion's Whiskers" Folk Tale Puppet Theater	<b>9</b>	<b>10</b>	<b>11</b> Men's & Women's Groups	<b>12</b> Recreation Therapy	<b>13</b> Yoga/Tai Chi	<b>14</b>
<b>15</b> Let's Make a Vision Board	<b>16</b>	<b>17</b> Virtua Willingboro Hospital Outreach	<b>18</b> Hearing Voices, WRAP	<b>19</b> Challenging Irrational Beliefs	<b>20</b> Time Management	<b>21</b>
<b>22</b> All About You	<b>23</b>	<b>24</b>	<b>25</b> Self Love, Artz in Action	<b>26</b> Art Group	<b>27</b> Trip to Burlington City Library Lego Movie 2	<b>28</b>
<b>29</b> Live and Let Live	<b>30</b>	<b>31</b>	 <p><b>Be a pineapple... Stand Tall, Wear a Crown, and be Sweet on the Inside.</b></p> 			