



# RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ  
08016

Driver: Nelly  
(609) 240-6331

Program Coordinator:  
Michael (609) 480-6845

Driver: Ryan  
(609) 571-5191

MON	TUE	WED	THU	FRI	SAT	SUN
3pm-7pm		3pm-7pm		12pm-4pm		12pm-4pm
		1	2	3	4	5
		Being a Good Support to Others		Trending Topics in Mental Health		Footsteps of Recovery
6	7	8	9	10	11	12
Yoga and Tai Chi		Guided Imagery		Zentangles		Guess Who?
13	14	15	16	17	18	19
Progressive Muscle Relaxation		Men's and Women's Groups		Popcorn and a Movie		All About You
20	21	22	23	24	25	26
Healthy Boundaries		W.R.A.P.		Yoga and Tai Chi		Aromatherapy Bracelets
27	28	29	30			
"Sense"ible Nutrition		Emotions in Motion				