





RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Drivers: Matie: 609-571-5191(M,W,Su) & Ted: 609-322-0008(M,W,F)

Sunday 1-5 pm	Monday 3-7 pm	Tuesday 5-6 pm	Wednesday 3-7 pm	Thurs closed	Friday 1-5 pm	Sat closed
					1 Yoga and Tai Chi	2
3 8 Dimensions of Wellness	4  Christmas Shopping Trip	5 Zoom Group	6 Guided Imagery	7	8 Expanding Your Support Network	9
10 Trip to Glencairn Castle	11 Sheriff Dept. Fraud Prevention Presentation	12 Zoom Group	13 Rutgers SNAP-Ed	14	15 Carols and Cocoa	16
17 Holiday Craft	18 Shady Brook Farm Holiday Light Show	19 Zoom Group	20 W.R.A.P.	21	22 Yoga and Tai Chi	23
24 Closed	25 	26 Zoom Group	27 Arlene's Retirement Party	28	29 Holiday Unwind	30
31 S.M.A.R.T. Recovery	