

January

MHCC  
January 2012

Central County  
Wellness & Recovery  
Center

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>8-8:45 Check-In 9-10 Men/ Women's Sup- port Group 10-11 Coping with Mental Illness 11-11:30 Meditation 1-2 Self-Esteem 2-3 Open Topic 3-3:30 Clean-Up</p>	<p>4</p> <p>8-8:45 Check-In 9-10 Overcoming Fears 10-11 Creative Writing 11-11:30 Meditation 1-2 Boundaries 2-3 Money Mgmt. 3-3:30 Clean-Up</p> <p><u>Outing with Joy</u></p>	<p>5</p> <p>8-8:45 Check-In 9-10 Current Events 10-11 Emerg. Planning 11-11:30 Meditation 1-2 Healthy Relationships 2-3 Greif, loss and forgiveness 3-3:30 Clean-Up</p> <p><u>Arts and Crafts</u></p>	<p>6</p> <p>8-8:45 Check-In 9-10 Anger/ Stress Manage- ment 10-10:30 Meditation 11-12:00 Habits 1-3 Movie/Wii/Bingo 3-3:30 Clean-Up</p>
<p>9</p> <p>8-8:45 Check-In 9-10 Body Talk 10-11 Spirituality Group 11-11:30 Meditation 1-2 Human Sexuality 2-3 Healthy Thinking 3-3:30 Clean-Up</p>	<p>10</p> <p>8-8:45 Check-In 9-10 Men/ Women's Sup- port Group 10-11 Coping with Mental Illness 11-11:30 Meditation 1-2 Self-Esteem 2-3 Open Topic 3-3:30 Clean-Up</p>	<p>11</p> <p>8-8:45 Check-In 9-10 Overcoming Fears 10-11 Creative Writing 11-11:30 Meditation 1-2 Boundaries 2-3 Money Mgmt. 3-3:30 Clean-Up</p>	<p>12</p> <p>8-8:45 Check-In 9-10 Current Events 10-11 Role-Playing 11-11:30 Meditation 1-2 Healthy Relationships 2-3 Greif, loss and forgiveness 3-3:30 Clean-Up</p> <p><u>Arts and Crafts</u></p>	<p>13</p> <p>8-8:45 Check-In 9-10 Anger/Stress Manage- ment 10-10:30 Meditation 11-12:00 Habits 1-3 Movie/Wii/Bingo 3-3:30 Clean-Up</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>8-8:45 Check-In 9-10 Men/ Women's Sup- port Group 10-11 Coping with Mental Illness 11-11:30 Meditation 1-2 2-3 Open Topic 3-3:30 Clean-Up</p>	<p>18</p> <p>8-8:45 Check-In 9-10 Healthy Eating 10-11 Creative Writing 11-11:30 Meditation 1-2 Boundaries 2-3 Money Mgmt. 3-3:30 Clean-Up</p> <p><u>Outing with Joy</u></p>	<p>19</p> <p>8-8:45 Check-In 9-10 Current Events 10-11 Emerg. Planning 11-11:30 Meditation 1-2 Healthy Relationships 2-3 Greif, loss and forgiveness 3-3:30 Clean-Up</p> <p><u>Arts and Crafts</u></p>	<p>20</p> <p>8-8:45 Check-In 9-10 Anger/Stress Manage- ment 10-10:30 Meditation 11-12:00 Habits 1-3 Movie/Wii/Bingo 3-3:30 Clean-Up</p>
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<p>30</p> <p>8-8:45 Check-In 9-10 Body Talk 10-11 Spirituality Group 11-11:30 Meditation 1-2 Human Sexuality 2-3 Healthy Thinking 3-3:30 Clean-Up</p>	<p>31</p> <p>8-8:45 Check-In 9-10 Men/ Women's Sup- port Group 10-11 Coping with Mental Illness 11-11:30 Meditation 1-2 Self-Esteem 2-3 Open Topic 3-3:30 Clean-Up</p>			

Breakfast/Check-In  
8:00-9:00 am daily

WRAP

Mon Wed Fri

Guided Meditation  
11:00-11:30 am daily

Lunch  
12:00-1:00 pm daily

Clean-Up  
3:00-3:30 pm daily

2975 Treat Blvd.,  
Building C  
Concord, CA 94518

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