

MAY 2021 ~ Each Mind Matters










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>8-2:30 Showers 3 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 10-11 Gardening</p> 	<p>8, 10 & 12 Laundry 4 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 5 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p> 	<p>8, 10 & 12 Laundry 6 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 7 8-12 Computers 9 Bingo</p> 
<p>8-2:30 Showers 10 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 10-11 Gardening</p> 	<p>8, 10 & 12 Laundry 11 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 12 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8, 10 & 12 Laundry 13 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 14 8-12 Computers 9 Bingo</p> 
<p>8-2:30 Showers 17 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 10-11 Zoom – Quality Improvement Council 10-11 Gardening</p>	<p>8, 10 & 12 Laundry 18 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p> 	<p>9-2:30 Showers 19 9-12 Computers 9-12 Recovery Films 9-12 Recovery Library 9-12 Recreation</p> <p>LATE START—OPEN AT 9</p>	<p>8, 10 & 12 Laundry 20 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p> 	<p>8-2:30 Showers 21 8-12 Computers 9 Bingo</p> 
<p>8-2:30 Showers 24 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 10-11 Gardening</p>	<p>8, 10 & 12 Laundry 25 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 26 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8, 10 & 12 Laundry 27 8-12 Computers 8-10 Recovery Films 8-12 Recovery Library 8-12 Recreation</p>	<p>8-2:30 Showers 28 8-12 Computers 9 Bingo</p> 
<p>EC CLOSED 31</p> 	 <p>MAY IS MENTAL HEALTH MONTH</p>	<p>We encourage you to call to book a shower or laundry spot in advance by calling (209) 533-7114. Walk-in requests accommodated based on the availability.</p>		 <p>#HOPEFORCHANGE</p>

TUOLUMNE COUNTY ENRICHMENT CENTER
101 HOSPITAL ROAD
SONORA, CA 95370



Phone: 533-7114

EC Main Room & Patio Hours:
Monday through Friday
8 a.m. to 12 p.m.

EC Shower & Laundry Hours:
8 a.m. to 3 p.m.

The EC is a Community Center for Wellness and Recovery funded by Prop 63

Social Distancing & Masks are Required. EC has a limited capacity of 10 people in main room at one time.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org