



# MAY 2019



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**TUOLUMNE COUNTY ENRICHMENT CENTER**  
 101 HOSPITAL ROAD  
 SONORA, CA 95370



Phone: 533-7114

**EC HOURS:**  
 Monday,  
 Wednesday &  
 Friday:  
 8 a.m. to 3 p.m.

Tuesday &  
 Thursday:  
 9 a.m. to 3 p.m.

*Community Center  
 for Wellness and  
 Recovery funded by  
 Prop 63*



*Reducing Stigma  
 by Becoming a  
 Visible and Valued  
 Part of the  
 Community*

*\*These groups are  
 not associated with  
 Tuolumne County  
 Behavioral Health*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SHOWER HOURS:</b></p> <p>Mondays: 11 a.m. to 2 p.m.            Wednesday: 11 a.m. to 2 p.m.            Thursday: 9 a.m. to 1 p.m.            Friday: 11 a.m. to 2 p.m.</p> <p><b>WEAR YOUR LIME GREEN!</b></p>	<p><b>LAUNDRY HOURS:</b></p> <p>Tuesday: 9 a.m. to 1 p.m.</p> <p>~Laundry and Shower Supplies provided~</p> 	<p>1</p> <p>9-10 Good Morning Group            10-11 Pride: C'Anne Johnson, Patients' Right Advocate            11-12 Healthy Eating            12:30-2 Working w/Emotions            2-3:30 Adult Education  <b>CLOSE @ 2/STAFF MTG.</b></p>	<p>2</p> <p>9-12 Recovery Films            9-3 Recreation            2-3 Trauma Recovery/PTSD</p>  	<p>3</p> <p>9-12 Bingo            9-12 Smile Keepers            12:30-2 Dual Diagnosis            12-3 Recreation</p>  
<p>6</p> <p>9-10 Good Morning Group            10-11 Pride: Realistic Goals            11-12 Grief Support            11-12 Recreation &amp; Gardening</p>	<p>7</p> <p>9-12 Recovery Films            9-3 Recreation            12:30-1:30 AA*            2-3 Bipolar Support Group            6-7 Prostate Cancer Support Group*</p> 	<p>8</p> <p>9-10 Good Morning Group            10-11 Pride: Mother's Day            10-12 Arts &amp; Emotions, Art Room with Denise            11-11:30 Positive Lifestyles            12:30-2 Working w/Emotions            2-3:30 Adult Education</p>	<p>9</p> <p>9-12 Recovery Films            9-3 Recreation            10-11:30 Community Cultural Collaborative, Art Room            2-3 Trauma Recovery/PTSD</p> <p><b>WEAR YOUR LIME GREEN!</b></p>	<p>10</p> <p>9-12 Bingo            12:30-2 Dual Diagnosis            12-3 Recreation</p>  
<p>13</p> <p>9-10 Good Morning Group            10-11 Pride: Recovery Progress Review            11-12 Recreation &amp; Gardening            12:30-1:30 Depression Support Group</p> 	<p>14</p> <p>9-12 Recovery Films            9-3 Recreation            12:30-1:30 AA*            2-3 Bipolar Support Group  <b>4-6 EC OPEN HOUSE &amp; BEHAVIORAL HEALTH FAIR</b></p>	<p>15</p> <p>9-10 Good Morning Group            10-11 Pride: Pam Orebaugh, Center For A Non Violent Community            11-12 Recreation &amp; Gardening            12:30-2 Working w/Emotions            2-3:30 Adult Education</p>	<p>16</p> <p>9-12 Recovery Films            9-3 Recreation            2-3 Trauma Recovery/PTSD</p>  	<p>17</p> <p>9-12 Karaoke            9-12 Smile Keepers            12:30-2 Dual Diagnosis            12-3 Recreation</p>  
<p>20</p> <p>9-10 Good Morning Group            10-11 Pride: QIC            11-12 Grief Support &amp; Gardening            12:30-1:30 Depression Support Group</p> 	<p>21</p> <p>9-12 Recovery Films            9-3 Recreation            10-11 Professional Dev.            12:30-1:30 AA*            2-3 Bipolar Support Group            6:30-8: NAMI-TC Family Support*</p>	<p>22</p> <p>9-10 Good Morning Group            10-11 Pride: Calendar/Relaxin'            11-11:30 Positive Lifestyles            11-12 Healthy Eating            12:30-2 Working w/Emotions            2-3:30 Adult Education</p>	<p>23</p> <p>9-12 Recovery Films            9-3 Recreation            2-3 Trauma Recovery/PTSD</p> <p><b>WEAR YOUR LIME GREEN!</b></p>	<p>24</p> <p>9-12 Bingo            9-12 Smile Keepers            12:30-2 Dual Diagnosis            12-3 Recreation</p>  
<p>27</p> 	<p>28</p> <p>9-12 Recovery Films            9-3 Recreation            12:30-1:30 AA*            2-3 Bipolar Support Group            6:30-8 Support Group For Survivors of Suicide Loss*</p> 	<p>29</p> <p>9-10 Good Morning Group            10-11 Pride: Telling Your Story            11-12 Recreation &amp; Gardening            12:30-2 Working w/Emotions            2-3:30 Adult Education</p> <p><b>WEAR YOUR LIME GREEN!</b></p>	<p>30</p> <p>9-12 Recovery Films            9-3 Recreation            2-3 Trauma Recovery/PTSD</p> 	<p>31</p> <p><b>10-12 MENTAL HEALTH AWARENESS EVENT &amp; TACO BAR</b></p> <p>9-12 Karaoke            9-12 Smile Keepers            12:30-2 Dual Diagnosis            12-3 Recreation</p> 