

# September 2018




## RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 [www.RiverbankSHC.com](http://www.RiverbankSHC.com)

Cindy: 609-239-1786 (Center phone) or 609-480-6845 (cell)

Drivers: Jean: 609-634-7520, Michael: 609-218-0943

Call/text drivers weekdays 12-2 pm or Saturday 6-8 pm for transportation

Sunday 12-4 pm	Mon closed	Tue closed	Wednesday 4:00-8:30pm	Thursday 4:00-8:00pm	Friday 4:00-8:00pm	Sat closed
						<b>1</b> Ancora Hospital
<b>2</b> Labor Day Weekend Center closed	<b>3</b>	<b>4</b> <i>Lourdes Hospital Outreach</i>	<b>5</b> BBQ Night Hearing Voices, Guided Imagery	<b>6</b>  Spirituality	<b>7</b> Trip to Italian American Festival (Burl Co. Fairgrounds)	<b>8</b>
<b>9</b>  Beach Day Trip (Seaside Heights)	<b>10</b>	<b>11</b>	<b>12</b> Men's & Women's Groups	<b>13</b> Life Coaching, Recreational Therapy	<b>14</b> Tai Chi, Games & Social Time	<b>15</b>
<b>16</b> Social Skills (Rain Date if Beach Day is Cancelled)	<b>17</b>	<b>18</b> <i>Lourdes Hospital Outreach</i>	<b>19</b> Hearing Voices, Emotions in Motion	<b>20</b>  Financial Group (Session 1 of 6)	<b>21</b> Yoga Games & Social Time	<b>22</b>
<b>23</b> Trip to BC Library Auditorium to see United Nations of Dance	<b>24</b>	<b>25</b>	<b>26</b> WRAP (Psych Adv Dir), SMART Recovery	<b>27</b> Financial Group (Session 2 of 6)	<b>28</b> All About You	<b>29</b>
<b>30</b> NEW-R (Nutrition, Exercise, Wellness & Recovery)	Make it a <i>September</i> TO REMEMBER			