



RIVERBANK SELF HELP CENTER

114 Riverbank, Burlington, NJ 08016 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
	1	2 <i>Lourdes Hospital Outreach</i>	3 Hearing Voices, Guided Imagery	4 Craft Group	5 Tai Chi, Games	6
7 Spirituality, Exercise	8	9	10 WRAP, All About You	11 Recreational Therapy	12 <i>weather permitting</i> Outdoor Movie in Mount Holly Hocus Pocus 	13
14 Fall Float Festival at Smithville Mansion	15 SCAC Meeting	16 <i>Lourdes Hospital Outreach</i>	17 Hearing Voices, SMART Recovery	18 Pumpkin  Decorating	19 Yoga and games	20 <i>Ancora Hospital Outreach</i>
21 Art Therapy	22	23	24 Emotions in Motion, Wellness Counts	25 Financial Group (first of six sessions) Wii & Games	26 Inside/Outside Masks	27
28 Burlington Co Library Auditorium Concert Ginger Coyle	29	30	31 Men's & Women's Groups			