



RIVERBANK SELF HELP CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Facilitator: Jaime: 609-571-5791

Drivers: Ted: 609-322-0008 (Mon, Wed, Sun)

Chris: 609-462-3611 (Mon, Wed, Fri, Sun)

Sunday 1-5 pm	Monday 3-7 pm	Tues closed	Wednesday 3-7 pm	Thurs closed	Friday 1-5 pm	Sat closed
	1 Yoga and Tai Chi	2	3 Rutgers SNAP-Ed	4 	5 SMART Recovery	6
7 Improving Emotional Wellness	8 Shopping Trip 	9	10 Guided Imagery	11	12 Making a Budget	13
14 Art Therapy	15 Community Health Law Project Presentation	16	17 Hearing Voices Group	18	19 Reflexology	20
21 Trip to National Constitution Center	22 	23	24 Wellness Recovery Action Plan	25	26 Yoga and Tai Chi	27
28 Music Jam	29 Tie-Dye Party	30	31 "A Garden of Self" Project			