






April

RIVERBANK COMMUNITY WELLNESS CENTER

114 Riverbank St. Burlington, NJ 08016

Program Coordinator: Michael: 609-480-6845

Transportation: Mike Z: 609-462-3611

Sunday 12:30-5pm	Monday 3-7:30pm	Tuesday 5:30-7pm	Wednesday 9:30-11:30am 3-7:30pm	Thurs closed	Friday 12:30-5pm	Sat 12:30-5pm
<p><i>"There are always flowers for those who want to see them."</i> – Henri Matisse</p>		<p>1 Satellite Group Pemberton Library</p>	<p>2 1. AM Walking Group 2. Men's Group 3. Women's Group</p>	<p>3</p>	<p>4 Shopping Trip </p>	<p>5 Practicing Mindfulness</p>
<p>6 1. Managing Triggers 2. Cup of Kindness</p>	<p>7 1. NJ CHOICES 2. Taylor Care Presentation</p>	<p>8 Satellite Group Maple Shade OLPH</p>	<p>9 1. AM Walking Group 2. Guided Imagery</p>	<p>10</p>	<p>11 Yoga & Tai Chi</p>	<p>12 Learning to Love Yourself</p>
<p>13 Trip to the Mutter Museum</p>	<p>14 1. Rutgers SNAP-Ed 2. Coping with Grief</p>	<p>15 Zoom Group</p>	<p>16 1. AM Walking Group 2. Hearing Voices Support Group</p>	<p>17</p>	<p>18 CLOSED </p>	<p>19 Trip to CONTACT Community Day</p>
<p>20 CLOSED </p>	<p>21 1. NJ CHOICES 2. Yoga & Tai Chi</p>	<p>22 Satellite Group Maple Shade OLPH</p>	<p>23 1. AM Walking Group 2. Wellness Recovery Action Plan</p>	<p>24</p>	<p>25 Paint Night</p>	<p>26 1. Medication Management 2. Scavenger Hunt</p>
<p>27 1. Karaoke Sunday 2. SMART Recovery</p>	<p>28 1. Tech Support 2. Financial Wellness</p>	<p>29 CLOSED</p>	<p>30 1. AM Walking Group 2. </p>			<p> AUTISM AWARENESS</p>