

September 2010
1250 California St.
Redding, CA 96001

SECOND HOME

(530) 247-3321
www.nvcss.org

Funded by the MHSA/Prop 63 Shasta County Mental Health						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00		
TV News	TV News	TV News	TV News	TV News		
Journaling	Journaling	Journaling	Journaling	Journaling		
8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00		
TV News	TV News	TV News	TV News	TV News		
Wii!!/Staff	Wii!!/Staff	Wii!!/Staff	Wii!!/Staff	Wii!!/Staff		
9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00		
Independent Computer Staff	Independent Computer Staff	Independent Computer Staff	Independent Computer Staff	Independent Computer Staff		
12 Step Cheyenne	Life Skills/Christine	Life Skills/Christine	Quar. Satisfaction Survey/Staff			
	YMCA/Christine		Women's Group Christine			
	Gardening/Steve					
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	
Self-Esteem/Sherry M	Positive Thinking/Julio	WRAP/Julio	Trauma & Grief/Julio	Board Games	NAMI Family Activities	
Socializing/Julio	Shasta County Historic Tour	12 Step Recovery/Cheyenne	Gardening Steve	WRAP Update/Cheyenne	Hours May Vary	
		YMCA/Christine	Life Skills Christine		Call 605-1647 for details	
		Art Exploration Mike/Greg	Townhall Meeting 3rd Thursday			
11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	11:00-12:00	
Housing Education/Barbara	Project Wellness/Christine	Art Exploration Mike/Greg	YMCA/Christine	Board Games	NAMI Family Activities	
Relationships Eva/Adam	Arts & Crafts/Sherry M.	WRAP/Julio	Self-Esteem/Sherrie A	Movie		
Assertiveness/Cheyenne	Men's Group/Stevan		Arts & Crafts	12 Step Recovery/Cheyenne		
12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00 Lunch	12:00-1:00	12:00-1:00
			Bowling/Barbara			
Staff Meeting	Arts & Crafts/Sherry M.		Arts & Crafts	Movie	NAMI Family Activities	Sewing By appointment only
1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00
Anger Management/Stevan	Deep Relaxation/Stevan	Steering Committee/Naomi 2nd & 4th Wednesdays	Healing/Julio	Relationships Eva/Adam	NAMI Family Activities	Sewing By appointment only
Independent Living Skills/Barb	Depression/Kelli/Naomi	Sharing/Julio	Peer Support/Mark	Karaoke		
Beading/Naomi/Dee			Deep Relaxation/Stevan	Movie		
2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00		2:00-3:00
Independent Computer Staff	Drama/Naomi	Exercise	Wii!!/Staff	Wii		Sewing
Beading/Naomi/Dee	Yoga/Tina/Stevan	Dual Diagnosis/Bob L.	Computer by Appt/Dee			
			Yoga/Tina/Stevan	Movie		
3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00		3:00-4:00
FAMILY GAME NIGHT	Movies		Wii!!/Staff	Movie		Sewing
		Movies				
4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00		
FAMILY GAME NIGHT	Movies	Independent Computer Staff	Independent Computer Staff	Movie		

(Schedule is subject to changes during the month)
One on one WRAP support available upon request