



# April 2024

## STANS Wellness and Recovery Center

Northern Valley-  
**TALKLINE**  
Peer-to-Peer Support  
1-855-582-5554  
7 days a week  
4:30pm—9:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10am-11am <b>Let's Go</b> 11am-12pm <b>Coping with Loss</b>	<b>2</b> <b>CalFresh</b> 11am-12pm 	<b>3</b> 10am-11am <b>Drumming</b> 11am-12pm <b>Game Day</b>	<b>4</b> 10am - 11am <b>Discovery Group</b> 11am - 12pm <b>Arts &amp; Crafts</b>	<b>5</b> 10am - 11am <b>Meditation</b> 11am - 12pm <b>Let's Go</b> 1pm-2:30pm <b>Computer Lab</b>	<b>6</b> 
<b>7</b>	<b>8</b> 10am-11am <b>Let's Go</b> 11am-12pm <b>Coping with Loss</b>	<b>9</b> 10am - 12pm <b>Movie Day</b>	<b>10</b> 10am-11am <b>Drumming</b> 11am-12pm <b>Game Day</b>	<b>11</b> 10am - 11am <b>Discovery Group</b> 11am - 12pm <b>Arts &amp; Crafts</b>	<b>12</b> 10am - 11am <b>Meditation</b> 11am - 12pm <b>Let's Go</b> 1pm-2:30pm <b>Computer Lab</b>	<b>13</b>
<b>14</b>	<b>15</b> 10am-11am <b>Let's Go</b> 11am-12pm <b>Coping with Loss</b>	<b>16</b> <b>CalFresh</b> 11am-12pm 	<b>17</b> 10am-11am <b>Drumming</b> 11am-12pm <b>Game Day</b>	<b>18</b> 10am - 12pm <b>Member's Meeting</b>	<b>19</b> 10am - 11am <b>Meditation</b> 11am - 12pm <b>Let's Go</b> 1pm-2:30pm <b>Computer Lab</b>	<b>20</b> <b>RODEO</b> 
<b>21</b>	<b>22</b> 10am-11am <b>Let's Go</b> 11am-12pm <b>Coping with Loss</b>	<b>23</b> 10am - 12pm <b>In the Garden</b>	<b>24</b> 10am-11am <b>Drumming</b> 11am-12pm <b>Game Day</b>	<b>25</b> 10am - 11am <b>Discovery Group</b> 11am - 12pm <b>Arts &amp; Crafts</b>	<b>26</b> 10am - 11am <b>Meditation</b> 11am - 12pm <b>Let's Go</b> 1pm-2:30pm <b>Computer Lab</b>	<b>27</b>
	<b>29</b> 10am-11am <b>Let's Go</b> 11am-12pm <b>Coping with Loss</b>	<b>30</b> 10am - 12pm <b>In the Garden</b>				