










July 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
	1 10am-11am In The Garden 11am-12pm Healthy Boundaries	2 11am-12pm CalFresh 	3 10am-11am Drumming 11am-12pm Game Day	4 CENTER CLOSED	5 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	6
7	8 10am-11am In The Garden 11am-12pm Healthy Boundaries	9 10am-12pm Movie Day	10 10am-11am Drumming 11am-12pm Game Day	11 Outing Contact Ron for details	12 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	13
14	15 10am-11am In The Garden 11am-12pm Healthy Boundaries	16 11am-12pm CalFresh 	17 10am-11am Drumming 11am-12pm Game Day	18 10am-11am Discovery 11am-12pm Gardening	19 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	20 
21	22 10am-11am In The Garden 11am-12pm Healthy Boundaries	23 10am-12pm Movie Day	24 10am-11am Drumming 11am-12pm Game Day	25 10am-11am Discovery 11am-12pm Arts & Crafts	26 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	27
	29 10am-11am In The Garden 11am-12pm Healthy Bounda-	30 10am-12pm Movie Day	31 10am-11am Drumming 11am-12pm Game Day			 WELLNESS • RECOVERY • RESILIENCE