



September 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 	2 Center Closed Labor Day	3 11am-12pm <u>CalFresh</u> 	4 10am-11am Drumming 11am-12pm Game Day	5 10am-11am Discovery Group 11am-12pm Arts & Crafts	6 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	7
8	9 10am-11am In The Garden 11am-12pm Goal Setting	10 10am-12pm Movie Day	11 10am-11am Drumming 11am-12pm Game Day	12 10am-11am Discovery Group 11am-12pm Arts & Crafts	13 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	14
15	16 10am-11am In The Garden 11am-12pm Goal Setting	17 11am-12pm <u>CalFresh</u> 	18 10am-11am Drumming 11am-12pm Game Day	19 10am-11am Discovery Group 11am-12pm Arts & Crafts	20 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	21
22	23 10am-11am In The Garden 11am-12pm Goal Setting	24 10am-12pm Movie Day	25 10am-11am Drumming 11am-12pm Game Day	26 10am-11am Discovery Group 11am-12pm Arts & Crafts	27 10am - 11am Meditation 11am - 12pm Let's Go 1pm-2:30pm Computer Lab	28
29 	30 10am-11am In The Garden 11am-12pm Goal Setting					