

ENTERPRISE RESOURCE CENTER

3270 KERNER BLVD. BLDG. A, SUITE C, SAN RAFAEL, CA 94901
NOW OPEN 9AM TO 4PM M-F AND 10AM TO 4PM SAT. AND SUN.
FALL 2011 SCHEDULE (415) 457-4554
WEBSITE camentalhealth.net

MONDAYS:

10am – 11am "Happy Monday" Process Group with Bless
11am - 12pm Crisis Planning Workshop
12pm – 12:30pm Smoke Busters w/ Amy in the LRAC Room
2pm - 3:15pm Women's Support Group

TUESDAYS:

11am-11:30am Buckelew Presentation in LRAC Rm (Sept. 13th, Oct. 4th, Nov. 8th, Dec. 13th)
1pm – 2pm Women of Courage (Dual Recovery Anonymous) for Women ONLY
1pm – 2pm Self-Esteem with Matt Tasley (Starts Aug. 16th) in the LRAC Rm
2pm - 3pm Process Group
3pm – 4pm Flying Over the Cuckoo's Nest (Dual Recovery Anonymous) Open Meeting
3pm – 4pm Calligraphy Class in the LRAC Room
5:30pm – 7pm Hoarding & Cluttering Support Group (Starting back up in Sept.)
6pm – 7:30pm NAMI Family Support Group (Every 2nd and 4th Tues. of the month)
6:30pm – 7:30pm TAY Program Support Group (1st and 3rd Tues. of the month) in the LRAC Rm
7pm – 8:30pm NAMI Espanol Family Support Group (1st and 3rd Tues. of the month)

WEDNESDAYS:

10 am – 11am Smoking Cessation with Bless
11am - 12:30pm PEER COMPANIONS
12:30pm – 2pm Training and Support Group for Peer Group Leaders (1st Wed. of the month)
1am – 4pm Computer Tutorials with Quentin
1pm – 2pm 3rd or 4th Wed. Bruce Gurganus from CMHS
2pm – 3pm Process Group
6pm – 8pm DBSA (Depression Bipolar Support Alliance)

THURSDAYS:

10am-11am Spirituality and Awareness Group
11am - 12Noon Drama Therapy
11am – 12Noon WRAP Group (Wellness Recovery Action Plan) Starts Sept. in the LRAC Rm
1pm - 2pm Dual Diagnosis Group w/ Alex Markel
1pm – 3pm NAMI Peer to Peer Recovery Education Course (Sept. 8th thru Nov. 10th)
In the LRAC Rm
2pm – 3pm Process Group
3pm – 4pm Spanish Bi-lingual Services with Esmeralda Garcia (except every 3rd Thurs.)
7pm – 9:30pm NAMI De Familia a Familia in the LRAC Rm (Sept. 1-Nov. 17)

FRIDAYS:

10am – 11am Movement Group called "Movement makes you happy!"
11am - 12Noon Writing Group
2pm – 3pm Process Group
2:30pm – 5pm WRITE-ON Group with Robert-Harry Rovin in the LRAC Rm

SATURDAYS:

11am – 12Noon Process Group
1pm - 4pm Movie and Art Group
7pm – 8pm DRA (Dual Recovery Anonymous)

SUNDAYS:

10am – 1:30pm Unscheduled socialization
1:30pm- 2:30pm Process Group

Updated 8/12/11