



Bergen County Wellness Center

Open Tuesday-Saturday
1PM-5PM

177 Hudson Street

Phone Number:

201-489-8402

Wellness

A place to focus on aspects of my life that will help me be healthy and live well

Recovery

A place to get support for addictions and mental health struggles, from a self -help perspective

Friendship

A place to get together, seek support, make friends and not be lonely

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Closed
2 Closed	3 Addiction 4 Choices – Smoking talk	4 Meditation Hayat Mural Painting	5 Hearing Voices Dr. Leffel	6 2:30 Exercise Mural Painting	7 Art Group	8 Closed
9 Closed	10 Community Meeting 3 Addiction	11 11 Zoo Hayat	12 Diagnosis 101 Good Word	13 2:30 Exercise Mural Painting	14 Art Group Longwood Gardens	15 Closed
16 Closed	17 Men's Group 3 Addiction	18 MH 101	19 Hearing Voices Jobs talks: Wellness while working	20 2:30 Exercise	21 Art Group Guggenheim Hayat	22 Closed
23 Closed	24 Men's Group 3 Addiction	25 TAFANami Guest	26 Good Word Fall Fest	27 Let's Talk 3:00 Exercise	28 Buddies Fair Art Group	
Groups meet at 2 PM daily unless otherwise noted						