



**THE FREEHOLD  
COMMUNITY WELLNESS CENTER**

Our address is 17 Bannard St, Suite 22.  
You can reach us at: (732) 625-9485

**WE ARE OPEN 5 DAYS A WEEK  
TRANSPORTATION IS OFFERED  
PLEASE CALL BY 10:30 AM.**

**NAMI CONNECTIONS  
THE 1ST & 3RD SUNDAY'S  
1:00-2:30**

**DBSA EVERY SUNDAY  
3:00-4:30**

**TRANSPORTATION  
IS NOT PROVIDED ON SUNDAY**

A BALANCED LUNCH IS  
PROVIDED ON SATURDAY  
FOR ALL OTHER DAYS, SNACKS  
WILL ALWAYS BE AVAILABLE.

**PLEASE JOIN US AS WE COME OUT OF OUR  
COCOON AND COME INTO OUR  
RECOVERIES OF WELLNESS!!!**

# SEPTEMBER 2019

Sun 12-5	Mon 12-5	Tue CLOSED	Wed 12-5	Thu 12-5	Fri 12-5	Sat 12-5
1 <b>CLOSED</b>	2 WE ARE CLOSED TODAY FOR LABOR DAY	3 <b>CLOSED</b>	4 Women's Group 2:30-3:30	5 ***** Community & Business Mtg. ***** Shop Dollar Rite Tree	6 Pop Up Store 1:00-2:00 DNA 2:30-3:30	7 <b>BBQ AT THE CARE CENTER</b>
8 <b>CLOSED</b>	9 DBSA 2:00-3:00  DNA 3:30-4:30	10 <b>CLOSED</b>	11 Hearts & Minds 2:30-3:30 Peer to Peer 4:00-5:00	12 Heating Voices 2:00-3:00  <b>Walmart 3:30-4:30</b>	13 <b>AMC THEATER</b>	14 Balanced Meal  Collingwood
15 <b>CLOSED</b>	16 Special Trip To The Trenton Planetarium	17 <b>CLOSED</b>	18 DNA 2:00-3:00 <b>Steals &amp; Deals 3:30-4:30</b>	19 ***** Community & Business Mtg. ***** Shop Dollar Rite Tree	20 Guided Imagery 1:30-3:00	21 Balanced Meal  <b>Target &amp; Wegman's</b>
22 <b>CLOSED</b>	23 DNA 2:00-3:00  EWSG 3:30-4:30	24 <b>CLOSED</b>	25 Pop Up Store 2:30-3:30  GROW 4:00-5:00	26 <b>THE CENTER IS CLOSED FOR THE FALL FEST</b>	27 URN Charge 1:30-3:00  <b>Walmart 3:30-4:30</b>	28 Balanced Meal  <b>Christmas Tree Shop &amp; Farmer's Market</b>
29 <b>CLOSED</b>	30 DNA 2:00-3:00  Hearing Voices 3:30-4:30					

