

HCIS MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Art Group- 9-2pm Stress Management- 12pm Anger	3 Bowling- 1pm Anger Management- 12pm Dual Diagnosis-	4 Art Group- 9-2pm Anger Mgnt- 12pm Women's	5 Anger Management- 1pm Dual Diagnosis- 1pm	6 Lets Talk about Quitting-12pm Get Fit! 1-2pm Lite Yoga 2-3pm	7 Dual Diagnosis- 12pm NA/AA-1pm
8	9 Art Group- 9-2pm Stress Management- 12pm Anger	10 Bowling- 1pm Anger Management- 12pm Dual Diagnosis-	11 Art Group- 9-2pm Anger Mgnt- 12pm Women's	12 Anger Management- 1pm Dual Diagnosis- 1pm	13 Lets Talk about Quitting-12pm Get Fit! 1-2pm Lite Yoga 2-3pm	14 Dual Diagnosis- 12pm NA/AA-1pm
15	16 Art Group- 9-2pm Stress Management- 12pm Anger	17 Bowling- 1pm Anger Management- 12pm Dual Diagnosis-	18 Art Group- 9-2pm Anger Mgnt- 12pm Women's	19 Anger Management- 1pm Dual Diagnosis- 1pm	20 Lets Talk about Quitting-12pm Get Fit! 1-2pm Lite Yoga 2-3pm	21 Dual Diagnosis- 12pm NA/AA-1pm
22	23 Art Group- 9-2pm Stress Management- 12pm Anger	24 Bowling- 1pm Anger Management- 12pm Dual Diagnosis-	25 Art Group- 9-2pm Anger Mgnt- 12pm Women's	26 Anger Management- 1pm Dual Diagnosis- 1pm	27 Lets Talk about Quitting-12pm Get Fit! 1-2pm Lite Yoga 2-3pm	28 Dual Diagnosis- 12pm NA/AA-1pm
29	30 Art Group- 9-2pm Stress Management- 12pm Anger	31 Bowling- 1pm Anger Management- 12pm Dual Diagnosis-	1	2	3	4



Hudson County Integrated Services is located at 124 Claremont Ave, Lower Level, Jersey City, NJ, 07305

Monday-Friday :7am-5pm & Saturdays:10am- 2pm

Main: (201) 420-8013

For additional information please contact Pamela Baker at Pbaker@cspnj.org