









CSPNJ Moving Forward Community Wellness Center - 25 Elizabeth Street, New Brunswick NJ 08901- Phone: 732-317-2920

March 2020

Open: M & Sat: 1-5pm W, Thur, Fri: 3-7pm Closed: Sun & Tue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>Peer Support Check in Group 1:30pm</p> <p>Employment Group 3pm</p> <p>Physical Wellness Exercise Group 3:45pm</p>	<p>3</p> 	<p>4</p> <p>Peer Support Check in Group 3:30</p> <p>HVN Group 5:30pm</p> <p>Social Anxiety Group 7pm</p>	<p>5</p> <p>NO CENTER TRANSPORTATION</p> <p>Open Activity Day -Pool -Music -TV</p>	<p>6</p> <p>Meal/Cooking Group 3-4pm</p> <p>Dual Recovery Anonymous Group 6pm</p>	<p>7</p> <p>Womans Group 1:30pm</p> <p>Men's Group 1:30pm</p> <p>Movie & Snacks 3pm</p> <p>HVN Group 3p</p>
<p>8</p> 	<p>9</p> <p>Business Meeting 11am-12pm</p> <p>KOVA 12 pm</p> <p>Peer Support Check in Group 1:30pm</p> <p>Employment Group 3pm</p> <p>Physical Wellness Exercise Group 3:45pm</p>	<p>10</p> 	<p>11</p> <p>PTBW Diabetes & High Blood Pressure Group 3:30</p> <p>Peer Support Check in Group 6pm</p> <p>Social Anxiety Group 7pm</p>	<p>12</p>  <p>Staff Training</p>	<p>13</p> <p>Meal/Cooking Group 3-4pm</p> <p>NAMI Connection with Jay Yudof 4:15pm</p>	<p>14</p> <p>Womans Group 1:30pm</p> <p>Men's Group 1:30pm</p> <p>Movie & Snacks 3pm</p> <p>HVN Group 3pm</p>
<p>15</p> 	<p>16</p> <p>Peer Support Check in Group 1:30pm</p> <p>Meal/Cooking Group 3-4pm</p>	<p>17</p> 	<p>18</p> <p>PTBW Diabetes & High Blood Pressure Group 3:30</p> <p>HVN Group 5:30pm</p> <p>Social Anxiety Group 7pm</p>	<p>19</p> <p>NO CENTER TRANSPORTATION.</p> <p>Open Activity Day -Pool -Music -TV</p> <p>TPH Visits 2:30</p>	<p>20</p> <p>Peer support Check in Group 3:30pm</p> <p>Visual Goal Setting with Jacquese from NAMI 4-6pm</p>	<p>21</p> <p>Womans Group 1:30pm</p> <p>Men's Group 1:30pm</p> <p>Movie & Snacks 3pm</p> <p>HVN Group 3pm</p>
<p>22</p> 	<p>23</p> <p>Peer Support Check in Group 1:30pm</p> <p>Recovery Library and Wellness 2:30pm</p> <p>Physical Wellness Exercise Group 3:30pm</p>	<p>24</p> 	<p>25</p> <p>PTBW Diabetes & High Blood Pressure Group 3:30</p> <p>Peer Support Check in Group 6pm</p> <p>Social Anxiety Group 7pm</p>	<p>26</p> <p>NO CENTER TRANSPORTATION.</p> <p>Open Activity Day -Pool -Music -TV</p>	<p>27</p> <p>Physical Wellness Exercise Group 3:30pm</p> <p>NAMI Keys to Wellness with Jay Yudof 4:15pm</p> <p>Dual Recovery Anonymous Group 6pm</p>	<p>28</p> <p>Womans Group 1:30pm</p> <p>Men's Group 1:30pm</p> <p>Movie & Snacks 3pm</p> <p>HVN Group 3pm</p>
<p>29</p> 	<p>30</p> <p>Peer Support Check in Group 1:30pm</p> <p>Recovery Library and Wellness 2:30pm</p> <p>Physical Wellness Exercise Group 3:30pm</p>	<p>31</p> 