

FREEHOLD WELLNESS CENTER

November 2021

Address: 17 Bannard Street Suit 22 Freehold NJ 07728

Peer Support Calls: Contact Manager Lisa Negron at 732 625 9485 or lnegron@cspnj.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1pm Amanda's Group 2pm EWSG 4pm Challenging the Mind		3 1pm Peer to Peer 3pm GROW 4pm Creative Thinking	4 1pm Women's Group 230pm Shopping Trip 4pm Hearing Voices	5 1pm Meditation & Exercise 130pm Art in Action 3pm Jay's Topic of Discussion	6 1pm Healthy Eating 2pm Offsite 4pm Peer to Peer
8 1pm Amanda's Group 2pm EWSG 4pm Challenging the Mind		10 1pm Peer to Peer 3pm GROW 4pm Creative Thinking	11 1pm Women's Group 230pm Shopping Trip 4pm Hearing Voices	12 1pm Meditation & Exercise 130pm You are in Charge 3pm Challenging the Mind	13 1pm Healthy Eating 2pm Offsite 4pm Peer to Peer
15 1pm Amanda's Group 2pm EWSG 4pm Challenging the Mind		17 1pm Peer to Peer 3pm GROW 4pm Creative Thinking	18 1pm Women's Group 230pm Shopping Trip 4pm Hearing Voices	19 1pm Meditation & Exercise 3pm Jay's Topic of Discussion	20 1pm Healthy Eating 2pm Offsite 4pm Peer to Peer
22 1pm Amanda's Group 2pm EWSG 4pm Challenging the Mind		23 1pm Peer to Peer 3pm GROW 4pm Creative Thinking	24 1pm Women's Group 230pm Shopping Trip 4pm Hearing Voices	25 1pm Meditation & Exercise 130pm Art in Action 3pm Jay's Topic of Discussion	26 1pm Healthy Eating 2pm Offsite 4pm Peer to Peer
29 1pm Amanda's Group 2pm EWSG 4pm Challenging the Mind		<p>Join groups Virtually: zoom.us/j/9502754870 Join groups by phone: (929) 436 2866 & Meeting ID 950 275 4870# OT Students will on site Thursday, Friday & Saturday</p>			

