

PARK AVE WELLNESS CENTER

HAPPY NEW YEAR – JANUARY 2022

Address: 333 Park Ave Plainfield NJ 07060

Peer Support: Call Andre at (908) 7757 1350 or email alawson@cspnj.org

Join a group virtually: zoom.us/j/6290232154

Tuesday	Wednesday	Thursday	Friday	Saturday
4 2pm Quitting Smoking P2BW 430pm Homeless Support – TAFAs Outreach	5 2pm Self Control 430pm Double Trouble	6 2pm Procrastination 430pm AA	7 2pm Moderation 430pm NA	8 2pm Arts & Crafts 430pm Open Meeting
11 2pm Diabetes Awareness P2BW 430pm HVN	12 2pm Manners 430pm Double Trouble	13 2pm Hygiene 430pm AA	14 2pm Study Group 430pm NA	15 2pm Arts & Crafts 430pm Computer Group
18 2pm Blood Pressure P2BW 430pm Weather & Radio	19 2pm Keep your Head up 430pm Double Trouble	20 2pm Dealing with Loss 430pm AA	21 2pm Letting Go 3pm Community Meeting 430pm NA	22 2pm Arts & Crafts 430pm Open Meeting
25 2pm Exercise P2BW 430pm HVN	26 2pm Family 430pm Double Trouble	27 2pm Friends 430pm AA	28 2pm Relationships 430pm NA	29 2pm Arts & Crafts 430pm Computer Group

