BERGEN COUNTY CWC

NOVEMBER

Address:
177 Hudson St
Hackensack, NJ 07601

For Peer Support,
contact
(201) 489-8402.

CENTER HOURS

Sun: CLOSED
Mon: 11AM - 5PM
Tues: 1PM - 7PM
Wed: 11AM - 5PM
Thurs: 1PM - 7PM
Fri: 11AM - 5PM
Sat: 11AM - 5PM

MON	TUES	WED	THURS	FRI	SAT
2 **230PM** Community Meeting **230PM** Open Discussion	3 **1230PM** Osprey Transportation **230PM** Managing Anxiety While in Recovery	4 **230PM** Addiction: Triggers and Early Warning Signs	5 **1230PM** Osprey Transportation **230PM** Importance of Self Care	6 **230PM** P2BW Benefits of Sleep and Recovery	7 **230PM** Movie (TAFA)
9 **230PM** Hearing Voices Network (HVN) **230PM** Breathing Techniques	10 **1230PM** Osprey Transportation **230PM** Resume Building and Job Search Resources	11 **230PM** Developing Purpose in Recovery	12 **1230PM** Osprey Transportation **230PM** Understanding Depression and Coping with It	13 **230PM** P2BW Community Meal	14 **230PM** Art Group (TAFA)
16 **230PM** Benefits of Community and Networking	17 **12PM** Osprey Transportation **230PM** Importance of Community and Friendship	18 **230PM** Preventing Relapse	19 **1230PM** Osprey Transportation **230PM** Stigma and Self-Advocacy	20 **230PM** P2BW Hydration and Lifestyle Choices	21 **230PM** Art Group (TAFA)
23 **230PM** Community Meeting **230PM** Open Discussion	24 **1230PM** Osprey Transportation **230PM** Open Discussion	25 **230PM** Peer Support and Accountability in Recovery	26 **CENTER CLOSED FOR THANKSGIVING**	27 **CENTER CLOSED FOR THANKSGIVING**	28 **230PM** Art Group (TAFA)
30 **230PM** Hearing Voices Network (HVN) **230PM** Practicing Mindfulness					

CSPNJ
COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY