NOVEMBER

Address:
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Barrington, NJ 08007

For Peer Support:
contact Tim Derieux at
tderieux@cspnj.org
or call 856 429 9940

Join us on Zoom:
zoom.us/j/3407939645
& password: 1SE8tr
or Dial: 301 715 8592 & ID
340 793 9645 &
Password: 1SE8tr

Center Phone Number:
856 429 9940

DONALD MAYS

MON	TUES	WED	THURS	FRI	SAT
2 **11AM** Goals for the Month **1PM** Emotional Wellness	3 **11AM** Self Reflection **1PM** Dancing with Amy	4 **1PM** Spiritual Wellness **2PM** Arts and Crafts	5 **1PM** Arts and Crafts **2PM** Proud 2 Be Well	6 **1PM** Environmental Wellness **2PM** Healthy Eating	7 **10AM** Physical Wellness **12PM** Bowling
9 **11AM** Music Expression **1PM** Creative Crisis with Janet	10 **11AM** Intellectual Wellness **1PM** Arts and Crafts	11 **1PM** Importance of Boundaries **2PM** Hearing Voices Network (HVN)	12 **1PM** Emotional Wellness **2PM** Consistency	13 **1PM** Movie and Game Day **2PM** Avoiding Negative Self Talk	14 **10AM** Environmental Wellness **12PM** Goals for the Month Check In
16 **11AM** Occupational Wellness **1PM** Turn A Frown Around	17 **11AM** Social Wellness **1PM** Arts and Crafts	18 **1PM** Anger Management **2PM** Consistency	19 **1PM** FInancial Wellness **2PM** Arts and Crafts	20 **Thankgiving Party**	21 **10AM** Movie and Game Day **12PM** Occupational Wellness
23 **11AM** Healthy Eating **1PM** Creative Crisis with Janet	24 **11AM** Resume Writing **1PM** Dancing with Amy	25 **1PM** Intellectual Wellness **2PM** Self Reflection	26 **CENTER CLOSED FOR THANKSGIVING**	27 **CENTER CLOSED FOR THANKSGIVING**	28 **10AM** Goals for the Month Update **12PM** Consistency
30 **11AM** Goals for the Month Update **1PM** Emotional Wellness					

CENTER HOURS

Mon - Tues: 10AM - 4PM
Wed: 1230PM - 330PM
Thurs: 1230PM - 330PM
Fri: 1230PM - 330PM
Sat: 9AM - 3PM
Sun: CLOSED

CSPNJ
COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY