# FREEDOM TRAIL CWC

# NOVEMBER

**Address:**
166 W. Main Street
Somerville, NJ 08876

**For Peer Support:**
contact Edward Odowd at
eodowd@cspnj.org
or call 908 722 5778

SHIPS van will be parked behind the center every Tuesday 2pm to 4pm.

**Center Phone Number:**
908 722 5778

# CENTER HOURS

**MON:** 11AM - 5PM
**TUES**: 2PM - 7PM
**WED**: 11AM - 5PM
**THURS**: 2PM - 7PM
**FRI**: 11AM - 5PM
**SAT:** 11AM -5PM
**SUN:** CLOSED

| MON | TUE | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|
| 2<br>**12PM** SHIP<br>**1PM** Proud 2 Be Well<br>**2PM** Life Drawing | 3<br>**3PM** Distress Tolerance<br>**4PM** Beginners Machine Sewing | 4<br>**12PM** SHIP<br>**1PM** Hearing Voices Network (HVN)<br>**2PM** Open Art Studio | 5<br>**2PM** Mindfulness<br>**3PM** Journey to Wellness (DRA)<br>**4PM** Sewing 101 | 6<br>**12PM** SHIP<br>**1PM** Weekend Wellness<br>**2PM** Large Cowboys Painting | 7<br>**12PM** Shopping<br>**2PM** Open Discussion |
| 9<br>**12PM** SHIP<br>**1PM** Proud 2 Be Well<br>**2PM** Life Drawing | 10<br>**3PM** Interpersonal Effectiveness<br>**4PM** Hand Sewing | 11<br>**12PM** SHIP<br>**1PM** Women's Group<br>**2PM** Open Art Studio | 12<br>**2PM** Mindfulness<br>**3PM** Journey to Wellness (DRA)<br>**4PM** Sewing 101 | 13<br>**12PM** SHIP<br>**1PM** Weekend Wellness<br>**2PM** Large Cowboys Painting | 14<br>**12PM** Shopping<br>**2PM** Cultural Awareness |
| 16<br>**12PM** SHIP<br>**1PM** Proud 2 Be Well<br>**2PM** Painting | 17<br>**3PM** Distress Tolerance<br>**4PM** Hand Sewing | 18<br>**12PM** SHIP<br>**1PM** Hearing Voices Network (HVN)<br>**2PM** Mindful Hand Sewing | 19<br>**2PM** Mindfulness<br>**3PM** Journey to Wellness (DRA)<br>**4PM** Sewing 101 | 20<br>**12PM** SHIP<br>**1PM** Weekend Wellness<br>**2PM** Large Cowboys Painting | 21<br>**12PM** Shopping<br>**2PM** Open Discussion |
| 23<br>**12PM** SHIP<br>**1PM** Proud 2 Be Well<br>**2PM** Painting | 24<br>**3PM** Emotional Regulation<br>**4PM** Beginners Machine Sewing | 25<br>**12PM** SHIP<br>**1PM** Women's Group<br>**2PM** Open Art Studio | 26<br>**CENTER CLOSED FOR THANKSGIVING** | 27<br>**CENTER CLOSED FOR THANKSGIVING** | 28<br>**12PM** Shopping<br>**2PM** Cultural Awareness |
| 30<br>**12PM** SHIP<br>**1PM** Proud 2 Be Well<br>**2PM** Painting | | | | | |

CSPNJ
COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY