UP YOUR ALLEY CWC

NOVEMBER

Address:
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For Peer Support:
contact Kelly Bennett at
kbennett@cspnj.org
or call 856 881 2204

Join us on Zoom
zoom.us/j/6813205234
or Dial: 646 876 9923
& ID 6813205234#

Center Phone Number:
856 881 2204

CENTER HOURS

SUN: 11AM - 5PM
MON: 1PM - 7PM
TUES: 11AM - 5PM
WED: 1PM - 7PM
THURS: 11AM - 5PM
FRI: Closed
SAT: 11AM - 5PM

SUN	MON	TUES	WED	THURS	SAT
1 **130PM** Activities and Games **2PM** Goals and Gratitude **2PM** AA	2 **1PM** Activity/Games **130PM** Exercise **2PM** GROW Group	3 **1PM** Activity/Games **130PM** Exercise **2PM** Life Skills	4 **1PM** Community Meeting **130PM** Exercise **2PM** Eight Dimensions of Wellness	5 **1PM** Activity/Game **130PM** Exercise **2PM** Coping with Anxiety	7 **2PM** Social Wellness
8 **130PM** Activities and Games **2PM** Goals & Gratitude **2PM** AA	9 **1PM** Occupational Wellness **130PM** Exercise **2PM** Recovery Group	10 **1PM** Poetry & Tea **130PM** Exercise **2PM** Heaving Voices Network (HVN)	11 **1PM** Current Events **130PM** Exercise **2PM** Eight Dimensions of Wellness	12 **1PM** Activity/Games **130PM** Exercise **2PM** Coping with Depression	14 **12PM** Social Wellness **2PM** AA/NA
15 **130PM** Activities and Games **2PM** Goals & Gratitude **2PM** AA	16 **1PM** Environmental Wellness **130PM** Exercise **2PM** GROW Group	17 **1PM** Activity/Games **130PM** Exercise **2PM** Recovery Group	18 **1PM** Member Spotlight **130PM** Exercise **2PM** Eight Dimensions of Wellness	19 **1PM** Activity/Games **130PM** Exercise **2PM** UYA Check In Group	21 **12PM** Social Wellness
22 **130PM** Activities and Games **2PM** Goals & Gratitude **2PM** AA	23 **1PM** Music and Movement **130PM** Exercise **2PM** Recovery Group	24 **1PM** Communication Skills **130PM** Exercise **2PM** Hearing Voices Network (HVN)	25 **1PM** Healthy Eating **130PM** Exercise **2PM** Eight Dimensions of Wellness	26 **CENTER CLOSED FOR THANKSGIVING**	28 **12PM** Social Wellness
29 **130PM** Activities and Games **2PM** Goals & Gratitude **2PM** AA	30 **1PM** Activity/Games **130PM** Exercise **2PM** Self Esteem				

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COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY