

# ENTERPRISE RESOURCE CENTER

3270 KERNER BLVD. BLDG. A, SUITE C, SAN RAFAEL, CA 94901  
NOW OPEN 9AM TO 4PM M-F AND 10AM TO 4PM SAT. AND SUN.  
SPRING 2010 SCHEDULE (415) 457-4554

## MONDAYS:

11am - 12pm WRAP Group (Wellness Recovery Action Plan)  
12pm – 12:30pm Smoke Busters w/ Amy in the LRAC Room  
12:30 – 1pm Buckelew Presentation ( 1<sup>st</sup> Monday of the month only)  
2pm - 3:15pm Women's Support Group

## TUESDAYS:

11am - 12Noon Smoking Cessation  
1pm - 3pm Library Books available for check-out in the LRAC Room  
1pm – 2pm Women of Courage (Dual Recovery Anonymous) for Women ONLY  
2pm - 3pm Process Group  
3pm – 4pm Flying Over the Cuckoo's Nest (Dual Recovery Anonymous) Open Meeting  
3pm – 4pm Calligraphy Class in the LRAC Room  
4pm – 5:30pm NAMI Family Support Group (4<sup>th</sup> Tues. of the month only)  
5:30pm – 7pm Hoarding & Cluttering Support Group  
7pm – 8:30pm NAMI Family Support Group (Every 2<sup>nd</sup> and 4<sup>th</sup> Tues. of the month)

## WEDNESDAYS:

11am - 12:30pm PEER COMPANIONS  
1pm - 4pm Computer Tutorials with Jared Warner  
1pm – 2pm 3<sup>rd</sup> or 4<sup>th</sup> Wed. Bruce Gurganus from CMHS  
2pm – 3pm Process Group  
6pm – 8pm DBSA (Depression Bipolar Support Alliance)

## THURSDAYS:

10am-11am Spirituality Group  
11am - 12Noon Drama Therapy  
12pm – 1pm Smoking Cessation Group  
1pm - 2pm Dual Diagnosis Group w/ Alex Markel  
1pm – 4pm Computer Tutorials with Lauren Rose Lupia  
2pm – 3pm Process Group  
3pm – 4pm Mindfulness Group  
7pm – 8:30pm NAMI Espanol Family Support Group (1<sup>st</sup> and 3<sup>rd</sup> Thurs. of the month)  
(Starts April 1<sup>st</sup>)  
7pm – 9pm Forgiveness Workshops (Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month)

## FRIDAYS:

10am – 11am Movement Group called "Movement makes you happy!" (Starts March 26<sup>th</sup>)  
11am - 12Noon Writing Group  
1pm – 2pm Self-Esteem Group  
2pm – 3pm Process Group  
2:30pm – 5pm WRITE-ON Group with Robert-Harry Rovin in the LRAC Rm

## SATURDAYS:

11am – 12Noon Process Group  
1pm - 4pm Movie and Art Group  
8pm – 9pm DRA (Dual Recovery Anonymous)

## SUNDAYS:

10am - 1:30pm Unscheduled Socialization  
1:30pm- 2:30pm Process Group