

# NVCSS SECOND HOME-ACTIVITIES SCHEDULE

1250 CALIFORNIA STREET, REDDING CA 96001 - (530) 247-3321

FEB 2012

Mon-Fri 7am-5pm

Sat - 11am - 3pm

Sun - By appointment only

\*Schedule subject to changes during the month\*

[www.nvcss.org](http://www.nvcss.org)

\*Funded by the MHSA/Prop 63 Shasta County Mental Health\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*9:00am - 10:00am*	*9:00am - 10:00am*	*9:00am - 10:00am*	*9:00am - 10:00am*	*9:00am - 10:00am*
COMPUTERS w/ staff	COMPUTERS w/ staff	VOLUNTEER/LEADERSHIP w/ Naomi (9:00 - 9:30am)	COMPUTERS w/ staff	COMPUTERS w/ staff
*10:00am - 11:00am*	*10:00am - 11:00am*	*10:00am - 11:00am*	*10:00am - 11:00am*	*10:00am - 11:00am*
SELF ESTEEM/ ART THERAPY w/ Sherry M.	TRAUMA & GRIEF w/ Julio	WRAP w/ Julio	TRAUMA & GRIEF w/ Julio	WRAP UPDATE w/ Cheyenne
DUAL DIAGNOSIS w/ Bill	SOCIALIZING w/ Dee YMCA w/ Sherrie A.	12 STEP RECOVERY w/ Naomi ART EXPLORATION w/ Mike & Greg	LIFE SKILLS w/ Dee	
BEADING w/ Naomi	COMPUTER SKILLS w/ Antijuan	THEATER WKSHP w/ Bob (9:30 - 11:00am)	THEATER WKSHP w/ Bob (9:30-11:00am)	MOVIE w/ Staff
*11:00am - 12:00pm*	*11:00am - 12:00pm*	*11:00am - 12:00pm*	*11:00am - 12:00pm*	*11:00am - 12:00pm*
HOUSEHOLD BUDGETING w/ Dee	THINKING ERRORS w/ Dee	ART EXPLORATION w/ Mike & Greg	ARTS & CRAFTS w/ Sherry M. & Carolyn	12 STEP GROUP w/ Naomi
ANGER MGMT/ ASSERTIVENESS w/ Julio	MENS GROUP w/ Julio.	WRAP w/ Julio or Cheyenne	MEDICATION EDUCATION w/ Terri	
	PEER SUPPORT w/ Mark	WOMENS GROUP w/ Sherry M & Carolyn		
*12:00pm - 1:00pm*	*12:00pm - 1:00pm*	*12:00pm - 1:00pm*	*12:00pm - 1:00pm*	*12:00pm - 1:00pm*
MOVIE w/ Staff	ART w/ Sherry	STEERING COMM w/ Naomi-2nd Wed/Mo	ARTS & CRAFTS	OPEN MIKE JAM SESSION w/ Antijuan
*1:00pm - 2:00pm*	*1:00pm - 2:00pm*	*1:00pm - 2:00pm*	*1:00pm - 2:00pm*	*1:00pm - 2:00pm*
MINDFULNESS & SELF ESTEEM w/ Sherrie A.	OVERCOMING DEPRESSION w/ Antijuan	HOUSING EDUCATION w/ Dee	YMCA w/ Sherrie A.	KARAOKE w/ Staff
	READING SKILLS w/ Sherrie A.			OVERCOMING DEPRESSION w/ Naomi
*2:00pm - 3:00pm*	*2:00pm - 3:00pm*	*2:00pm - 3:00pm*	*2:00pm - 3:00pm*	*2:00pm - 3:00pm*
MOVIE w/ Staff	MOVIE w/ Staff	MOVIE w/ Staff	MOVIE w/ Staff	RELATIONSHIPS w/ Naomi
*2:00pm - 5:00pm*	*3:00pm - 5:00pm*	*2:00pm - 4:00pm*	*3:00pm - 5:00pm*	*3:00pm - 5:00pm*
FAMILY GAME TIME	MOVIE w/ Staff	SEWING w/ Kimberly	WII w/ Staff	MOVIE w/ Staff
<b>CalFresh application assistance Monday - Friday - 9:00am - 3:00pm (formerly Food Stamp Program)</b>				
ONE-ON-ONE WRAP AVAILABLE				#1 - Updated 1/30/12 @ 3:30 PM