

NVCS SECOND HOME-ACTIVITIES SCHEDULE

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

March 2012
Mon-Fri 7am-5pm

Sat. - 8am - 3pm
Sun - By appointment only

Schedule subject to changes during the month

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*
COMPUTERSw/ staff	COMPUTERSw/ staff	VOLUNTEER/LEADERSHIP Naomi (9:00 - 9:30am) w/	COMPUTERSw/ staff	COMPUTERSw/ 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 Julio w/	WRAP w/ Julio	TRAUMA & GRIEF w/ Julio	WRAP UPDATE w/ Cheyenne
DUAL DIAGNOSIS w/ Bill	SOCIALIZING w/ Dee	12 STEP RECOVERY Naomi w/	LIFE SKILLS Dee w/	
BEADING w/ Naomi		ART EXPLORATION Mike & Greg w/		
ANGER MGMT/ ASSERTIVENESS w/ Bob	YMCAw/ Sherrie A.	THEATER WKSHP Bob (9:30 - 11:00am) w/	THEATER WKSHP Bob (9:30-11:00am) w/	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 Dee w/	THINKING ERRORS Dee w/	ART EXPLORATION Mike & Greg w/	ARTS & CRAFTS Sherry M. & Carolyn w/	12 STEP GROUP Naomi w/
	MENS GROUP Julio. w/	WRAP w/ Julio or Cheyenne	MEDICATION EDUCATION Terri w/	
		WOMENS GROUP w/ 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 Naomi-2nd Wed/Mo w/	ARTS & CRAFTS	MOVIE w/ Staff
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 DEPR.w/ Julio	HOUSING EDUCATION Dee w/	YMCA w/ Sherrie A.	KARAOKE w/ Staff
	PEER SUPPORT w/Mark			OVERCOMING DEPRESSION w/ Naomi
	READING SKILLS w/ Sherrie A.			
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
CalFresh application assistance Monday - Friday - 9:00am - 3:00pm (formerly Food Stamp Program)				
ONE-ON-ONE WRAP AVAILABLE				#2 - Updated 2/17/12 @ 3:15pm