















# HRC GROUPS (10/20/2015)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>SacPort – SAMP: Substance Abuse Management Module</u></b> 10:00am – 11:30am <i>Large Group Room</i></p>  <p><b>Facilitator:</b> Lawrence Carrell</p>	<p><b><u>Coping with Depression</u></b> 10:00am – 11:30am <i>Small Group Room</i></p>  <p><b>Facilitator:</b> Jessica Munoz</p>	<p><b><u>SacPort – SAMP: Substance Abuse Management Module</u></b> 10:00am – 11:30am</p>  <p><b>Facilitator:</b> Lawrence Carrell</p>	<p><b><u>Smoking Cessation</u></b> 10:00am – 11:00am <i>Small Group Room</i></p>  <p><b>Facilitators:</b> Jordan White &amp; Angela Thomas</p>	<p><b><u>Keys to a Better Life</u></b> 10:00am – 11:30am <i>Large Group Room</i></p>  <p><b>Facilitators:</b> Nadya Rudometkina &amp; Lyubov Isayeva</p>
<p><b><u>Bipolar Support</u></b> 12:30pm – 2:00pm <i>Large Group Room</i></p>  <p><b>Facilitators:</b> George Galas &amp; Karen Cameron</p>	<p><b><u>SacPort – Symptom Management</u></b> 11:00am – 12:30pm <i>Large Group Room</i></p>  <p><b>Facilitator:</b> Thomas Fisher</p>	<p><b><u>DBT: Dialectical Behavioral Therapy</u></b> 11:30am – 1:00pm (Doors close @ 11:40am) <i>Large Group Room</i></p>  <p><b>Facilitator:</b> Alison Sweet</p>	<p><b><u>SacPort – Symptom Management</u></b> 11:00am – 12:30pm <i>Large Group Room</i></p>  <p><b>Facilitator:</b> Thomas Fisher</p>	
<p><b><u>Women’s Journey to Healing</u></b> 1:30pm – 2:30pm Location: TCORE</p>  <p><b>Facilitators:</b> Karla Reyes &amp; Dolly Fletcher</p>		<p><b><u>CBT: Cognitive Behavioral Therapy</u></b> 12:00pm – 1:00pm <i>Small Group Room</i></p>  <p><b>Facilitator:</b> Katherine Campbell</p>		
<p><b><u>Employment Fitness</u></b> 3:00pm – 4:00pm <i>Large Group Room</i></p>  <p><b>Facilitators:</b> Connie Marble &amp; Mayra Rivera – Crabtree</p>		<p><b><u>Nutrition</u></b> 1:00pm – 2:30pm Location: TCORE</p>  <p><b>Facilitator:</b> Samira Moharam</p>		<p><b><u>Anger Management</u></b> 2:00pm – 3:00pm <i>Large Group Room</i></p>  <p><b>Facilitator:</b> Kim Hale</p>

## Mental Health Crisis Respite Center

**916-RESPITE  
916-737-7483**



Staffed 24/7 and serves “any individual” in Sacramento County who is at least 18 years of age experiencing a mental health crisis but is not in immediate danger to self or others. There is no medical staff at the Crisis Respite Center and participation is completely voluntary. All individuals utilizing the Crisis Respite Center may be eligible to stay for up to 23 hours and expect service based in compassion, understanding and knowledge. While at the Crisis Respite Center, the primary goal is to offer a stable and supportive environment so that the “guest” is better positioned to explore their crisis with a solution oriented mindset. Every guest will leave with an individualized resource plan. If transportation to the CRC is an issue, the CRC staff may be able to help.

**If you or someone you know needs support during a mental health crisis for a short period of time to gain a “fresh” perspective and resources, the TLCS Crisis Respite Center was designed specifically for you.**