











TCORE GROUPS (10/20/2015)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DBT: Dialectical Behavioral Therapy 11:00am – 12:30pm (Doors close @ 11:10am)</p>  <p>Facilitator: Christine Waligora</p>	<p>Mental Health Court Group 10:30am – 12:00pm (every Other Tuesday)</p>  <p>Facilitator: Trina Hatler</p>	<p>Relaxation Group 11:00am – 12:00pm</p>  <p>Facilitator: Christine Waligora</p>	<p>Men's Group 11:30am – 12:30pm</p>  <p>Facilitators: Kelly Tupper</p>	<p>Employment Group 11:00am – 12:00pm <i>Last Friday of the month</i></p>  <p>Facilitator: Daniel Bejarano</p>
<p>Women's Journey to Healing 1:30pm – 2:30pm Location: TCORE</p>  <p>Facilitators: Karla Reyes & Dolly Fletcher</p>	<p>Moving Towards Recovery</p>  <p>Facilitator: Corrine Bratcher</p>	<p>Nutrition 1:00pm – 2:30pm Location: TCORE</p>  <p>Facilitators: Janet Thiel & Samira Moharam</p>	<p>Anger Management 1:00pm – 2:00pm</p>  <p>Facilitator: Kelly Tupper</p>	
	<p>Art Group 2:30pm – 4:00pm</p>  <p>Facilitator: Verna Alexander</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.