

Escondido Clubhouse Weekly Schedule

Effective September 1, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 am	Coffee & Chat		Coffee & Chat		Newsletter Editing	Coffee & Chat
9 am			Dual Recovery Anonymous			
10 am	Community Meeting**	Community Meeting	Community Meeting	Community Meeting	Community Meeting	
11 am	Gratitude	Women's Group	Living Grace	Smoking Cessation	Power of Positivity	
12 pm	Life Skills	Newsroom		Board Games	WRAP	
1 pm	Job Connections	Walking Group**	Self Esteem	Anger Management		Music Bingo
2 pm	Mindful-ness**	Employment Talk**	Voices & Visions: A Journey		Impact the Outcome	
2:30 pm				Wisdom Hour		What's Your View?

** Please be on time to groups marked ** You may not be admitted if you are more than 5 minutes late to these groups.

In Person Group	Hybrid Group (both virtual & in person)	Virtual Group	For Virtual & Hybrid Groups: 1. Please call the Escondido Clubhouse to become a member and for call in information and instructions
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