



ZEPHYR SELF-HELP CENTER

July Calendar

MONDAY 1:00 - 4:00	TUESDAY 9:00-4:00	WEDNESDAYS 9:00-4:00	JULY FLOWER-Larkspur	FRIDAYS 9:00—4:00
<p>Consumer Learning Center: Free Computer Lab, Classes in Basic Computer Skills (408) 792-2150</p> <p>Consumer Resource Desk: Free, confidential peer support and community resources (408) 792- 2140</p>	<p>Santa Clara County Behavioral Health Services Call Center 800-704-0900</p> <p>Santa Clara County Substance Use Services 800-488-9919</p> <p>Mobile Crisis Response Teams 800-704-0900</p>	<p>Suicide & Crisis Hotline 1-855-278-4204</p> <p>or Text RENEW to 74174</p> <p>For Emergencies please call 911 and ask for a CIT Officer</p>		<p>1</p> <p>11:00 Positive Thinking</p> <p>1:00 TGIF</p>
<p>4</p> <p style="color: red; font-weight: bold;">ZEPHYR CLOSED</p> 	<p>5</p> <p>11:00 Healthy Boundaries</p> <p>2:00 Games</p>	<p>6</p> <p>11:00 Symptom Management Support Group</p> <p>1:00 Employment Group</p> <p style="color: red;">Zephyr closes at 3pm</p>	<p>7</p> <p>11:00 Art Exploration</p> <p>2:00 Music Jam</p> <p style="color: red;">3:00-4:00 Navigator Program Stakeholders Convening</p>	<p>8</p> <p>11:00 Positive Thinking</p> <p>1:00 TGIF</p>
<p>11</p> <p>2:00 Check In</p>	<p>12</p> <p>11:00 Healthy Boundaries</p> <p>2:00 Games</p>	<p>13</p> <p>11:00 Symptom Management Support Group</p> <p>1:00 Employment Support</p>	<p>14</p> <p>11:00 Art Exploration</p> <p>2:00 Music Jam</p> <p style="color: red;">3:00- <u>New Group!</u> Transitional Age Youth TAY (18-26yrs) Meet-Up Group</p>	<p>15</p> <p>11:00 Positive Thinking</p> <p>1:00 TGIF</p>
<p>18</p> <p>2:00 Check In</p>	<p>19</p> <p>11:00 Healthy Boundaries</p> <p>2:00 Games</p>	<p>20</p> <p>11:00 Symptom Management Support Group</p> <p>1:00 Employment Support</p>	<p>21</p> <p>11:00 Art Exploration</p> <p>2:00 Music Jam</p> <p style="color: red;">3:00 - <u>New Group!</u> Transitional Age Youth TAY (18-26yrs) Meet-Up Group</p>	<p>22</p> <p>11:00 Positive Thinking</p> <p>1:00 TGIF</p>
<p>25</p> <p>2:00 Check In</p>	<p>26</p> <p style="color: purple;">Americans with Disabilities (ADA) Act Day</p> <p>11:00 Healthy Boundaries</p> <p>2:00 Games</p>	<p>27</p> <p>11:00 Symptom Management Support Group</p> <p>1:00 Employment Support</p>	<p>28</p> <p>11:00 Art Exploration</p> <p>2:00 Music Jam</p> <p style="color: red;">3:00 - <u>New Group!</u> Transitional Age Youth TAY (18-26yrs) Meet-Up Group</p>	<p>29</p> <p>11:00 Positive Thinking</p> <p>1:00 TGIF</p>