


January



Zephyr Self-Help Center

Zephyr Self-Help Center
1075 E Santa Clara St.
(Back of Building)
San Jose, CA
(408) 792-2140 www.sccbhd.org/zephyr

Groups subject to change

MONDAY 1:00 - 4:00	TUESDAY 8:30 - 4:00	WEDNESDAY 8:30 - 4:00	THURSDAY 9:00 - 4:00	FRIDAY 9:00 - 4:00
 <p>COUNTY OF SANTA CLARA Behavioral Health Services Supporting Wellness and Recovery</p>		1 Zephyr Closed Happy New Year !	2 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading Group 12:00 - Women's Group 2:00 - Gratitude Group	3 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 3:00 - TGIF
	6 1:30 - Check In	7 9:00 - Coffee Social 10:00 - Mindfulness Meditation 11:00 - Self Compassion 1:00 - Employment Support	8 9:00 - Coffee Social 10:30 - Art Exploration 12:00 - WRAP® 1st Session 1:15 - Men's Group	9 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading Group 12:00 - Women's Group 2:00 - Gratitude Group
13 1:30 - Check In 2:30 - Personal Medicine	14 10:00 - Mindfulness Meditation 11:00 - Self-Compassion 11:00 - Public Defenders Presentation on Criminal Record Expungement Zephyr closes at 12:00 PM	15 9:00 - Coffee Social 10:30 - Art Exploration 12:00 - WRAP® 1:15 - Men's Group	16 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading Group 12:00 - Women's Group 2:00 - Gratitude Group	17 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 3:00 - TGIF
20 Closed Martin Luther King Day	21 Zephyr Closed until 1:00 PM 1:00 - Employment Support	22 9:00 - Coffee Social 10:30 - Art Exploration 12:00 - WRAP® 1:15 - Men's Group	23 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading Group 12:00 - Women's Group 2:00 - Gratitude Group	24 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 3:00 - TGIF
27 1:30 - Check In 2:30 - Personal Medicine	29 9:00 - Coffee Social 10:00 - Mindfulness Meditation 11:00 - Self Compassion 1:00 - Employment Support	29 9:00 - Coffee Social 10:30 - Art Exploration 12:00 - WRAP® 1:15 - Men's Group	30 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading Group 12:00 - Women's Group 2:00 - Gratitude Group	31 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 3:00 - TGIF