


March



Zephyr Self-Help Center

Zephyr Self-Help Center
1075 E Santa Clara St.
(Back of Building)
San Jose, CA
(408) 792-2140 www.sccbhsd.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
2 1:30 - Check In 2:30 - Personal Medicine	3 9:00 - Coffee Social 10:00 - Mindful Qigong 11:00 - Creativity for Change 1:00 - Employment Support	4 9:00 - Coffee Social 9:30 - Mindful Qigong 12:00 - WRAP® 1:15 - Men's Group	5 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading and Crafts 12:00 - Women's Group 1:30 - Gratitude Group	6 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 2:00 - TGIF
9 1:30 - Check In 2:30 - Personal Medicine	10 9:00 - Coffee Social 10:00 - Mindful Qigong 11:00 - Creativity for Change 1:00 - Employment Support	11 9:00 - Coffee Social 9:30 - Mindful Qigong 12:00 - WRAP® 1:15 - Men's Group	12 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading and Crafts 12:00 - Women's Group 1:00 - Hearing Voices Presentation 1:30 - Gratitude Group	13 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 2:00 - TGIF
16 1:30 - Check In 2:30 - Personal Medicine	17 9:00 - Coffee Social 10:00 - Mindful Qigong 11:00 - Creativity for Change 12:00 - St. Patrick's Day Potluck 1:00 - Employment Support	18 9:00 - Coffee Social 9:30 - Mindful Qigong 12:00 - WRAP® 1:15 - Men's Group	19 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading and Crafts 12:00 - Women's Group 1:30 - Gratitude Group	20 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 2:00 - TGIF
23 1:30 - Check In 2:30 - Personal Medicine	24 9:00 - Coffee Social 10:00 - Mindful Qigong 11:00 - Creativity for Change 1:00 - Employment Support	25 9:00 - Coffee Social 9:30 - Mindful Qigong 12:00 - WRAP® 1:15 - Men's Group	26 9:00 - Coffee Social 10:00 - Let's Dance 10:30 - Beading and Crafts 12:00 - Women's Group 1:30 - Gratitude Group	27 9:00 - Coffee Social 10:00 - Healthy Boundaries 12:00 - Positive Thinking 1:30 - Young Adults (18-26 yrs) 2:00 - TGIF
30 1:30 - Check In 2:30 - Personal Medicine	31 <p style="text-align: center;">Zephyr Closed Happy Cesar Chavez Day</p>	<p><u>Consumer Learning Center</u>: Free Computer Lab. Classes in Basic Computer Skills (408) 792-2150</p> <p><u>Consumer Resource Desk</u>: Free, confidential peer support (408) 792-2148</p> <p><u>Se habla Español. Ofrecemos ayuda individual y recursos comunitarios</u></p> <p>Santa Clara County Behavioral Health Services Call Center 1-800-704-0900</p> <p>Santa Clara County Substance Use Services 1-800-488-9919</p> <p>Suicide & Crisis Hotline 1-855-278-4204 or Text RENEW to 741741</p> <p>For Emergencies please call 911 and ask for a CIT Officer</p>		 <p>COUNTY OF SANTA CLARA Behavioral Health Services Supporting Wellness and Recovery</p>