



January 2009

January 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, January 14, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, January 28, 2009

Support Group Meeting 7:30-9:00 PM
Guest Speaker, Dr. David Linder.
Psychiatrist

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Support Group Mtg 0730-9:00pm	15	16	17
18	19	20	21	22	23	24
25	26	27	28 Speaker 0730-9:00pm Dr. David Linder	29	30	31

Contacts:

Andrea Hillerman

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Marilyn Hillerman

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Katie Faires

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February 2009

February 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, February 11, 2009
Support Group Meeting 7:30-9:00 PM

Wednesday, February 25, 2009
Support Group Meeting 7:30-9:00 PM

Guest Speaker, Breata Simpson, A.C.S.W. Miss Simpson specializes in working with children who are exhibiting emotional, social, and behavioral problems as well as clients of all ages who are struggling with eating disorders, stress, depression, ADHD, Anxiety, Bipolar, and anger management issues.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Support Group Mtg 0730-9:00pm	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Speaker 0730-9:00pm Breata Simpson, A.C.S.W.Si	26	27	28

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March 2009

March 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, March 11, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, March 25, 2009

Support Group Meeting 7:30-9:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Support Group Mtg 0730-9:00pm	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Support Group Mtg 0730-9:00pm	26	27	28
29	30	31				

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April 2009

April 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, April 8, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, April 22, 2009

Support Group Meeting 7:30-9:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Support Group Mtg 0730-9:00pm	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Support Group Mtg 0730-9:00pm	23	24	25
26	27	28	29	30		

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May 2009

May 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, May 13, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, May 27, 2009

Support Group Meeting 7:30-9:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13 Support Group Mtg 0730-9:00pm	14	15	16
17	18	19	20	21	22	23
24	25	26	27 Support Group Mtg 0730-9:00pm	28	29	30
31						

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June 2009

June 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, June 10, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, June 24, 2009

Support Group Meeting 7:30-9:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10 Support Group Mtg 0730-9:00pm	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Support Group Mtg 0730-9:00pm	25	26	27
28	29	30				

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July 2009

July 2009-Events

Support Group Meetings are held on the Second and Fourth Wednesdays of each month at the

Sutter Center for Psychiatry
7700 Folsom Blvd.
Sacramento, CA 95826

Meetings are free

Dates to Remember:

Wednesday, July 8, 2009

Support Group Meeting 7:30-9:00 PM

Wednesday, July 22, 2009

Support Group Meeting 7:30-9:00 PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8 Support Group Mtg 0730-9:00pm	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Support Group Mtg 0730-9:00pm	23	24	25
26	27	28	29	30	31	

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