

Alpine County Behavioral Health Services- BEAR VALLEY SEPTEMBER 2017



Kati Krayk, Mental Health Services Act Program Specialist 367 Creekside Dr. Bear Valley, CA 209.753.6129 or cell 209.286.9221 24hr Crisis Line 1800.318.8212

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
The mission of Alpine County Behavioral Health Services is to provide safe, ethical and accessible services that inspire personal growth and development through strength-based behavioral health programs and supportive connections.					Office Closed	
3	4	5	6	7	8	9
	County Holiday Office Closed	<u>Drop In Office Hours</u> 12-4pm <u>Create the Good</u> 5-7pm Dinner & Discussion at the Perry Walther Building	Office Closed Kati in Markleeville for a meeting. <u>Yoga</u> 12-130pm at the Field	<u>Drop In Office Hours</u> 730-12pm <u>Morning Chat</u> Coffee & Snacks 730-930am	Office Closed	
10	11	12	13	14	15	16
	<u>Drop In Office Hours</u> 8-10am, 12-5pm <u>Walk for Wellness</u> 10-11:30am, meet in front of Library Community Health & Wellness Services Building <u>Yoga</u> 12-130pm at the Field	<u>Drop In Office Hours</u> 12-6pm	<u>Yoga</u> 12-130pm at the Field <u>Create the Good</u> 5-7pm Dinner & Discussion at the Perry Walther Building	<u>Drop In Office Hours</u> 730-12pm <u>Morning Chat</u> Coffee & Snacks 730-930am	Office Closed	
17	18	19	20	21	22	23
	<u>Drop In Office Hours</u> 8-10am, 12-5pm <u>Walk for Wellness</u> 10-11:30am, meet in front of Library Community Health & Wellness Services Building <u>Yoga</u> 12-130pm at the Field	<u>Drop In Office Hours</u> 12-6pm	<u>Drop In Office Hours</u> 8-1pm <u>Yoga</u> 12-130pm at the Field <u>Create the Good</u> 5-7pm Dinner & Discussion at the Perry Walther Building	<u>Drop In Office Hours</u> 730-12pm <u>Morning Chat</u> Coffee & Snacks 730-930am	Office Closed	
24	25	26	27	28	29	30
	Office Closed	Office Closed	Office Closed	Office Closed	Office Closed	
Bear Valley Staff on Vacation September 25-29, 2017 For more information or questions please call Behavioral Health Services 530.694.1816 or 1.800.318.8212						