

# Reston Wellness Center

1850 Cameron Glen Dr. Reston, Virginia 20190

Hours: Monday- Friday 9am- 2:30pm

◀ Dec 2018		January 2019					Feb 2019 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<b>1</b> New Year's Day  <b>CLOSED</b>	<b>2</b> 10:00 am Peer to Peer Group 12:00 pm Lunch 1:00 pm Stress Management	<b>3</b> 10:00 am Dual Recovery Group 12:00 pm Lunch 1:00 pm Life Skills Group - Banking	<b>4</b> 10:00 am- Weekly Wrap-Up 12:00 pm- Lunch 1:00 pm- Weekend Planning	<b>5</b>	
<b>6</b>	<b>7</b> 10:00 am- Weekly Check-In 12:00 pm- Lunch 1:00 pm- Music Group	<b>8</b> 10:00 am CBT Group 12:00 pm- Lunch 1:00 pm- Art Group	<b>9</b> 10:00 am- Peer to Peer Group 12:00 pm- Lunch 1:00 pm- Stress Management	<b>10</b> 10:00 am- Dual Recovery Group 12:00 pm- Lunch 1:00 pm- Life Skills Group- Housing	<b>11</b> 10:00 am- Weekly Wrap-Up 12:00 pm- Lunch 1:00 pm- Weekend Planning	<b>12</b>	
<b>13</b>	<b>14</b> 10:00 am- Weekly Check-In 12:00 pm- Lunch 1:00 pm- Music Group	<b>15</b> 10:00 am CBT Group 12:00 pm- Lunch 1:00 pm- Art Group	<b>16</b> 10:00 am- Peer to Peer Group 12:00 pm- Lunch 1:00 pm- Stress Management	<b>17</b> 10:00 am- Dual Recovery Group 12:00 pm- Lunch 1:00 pm- Life Skills Group- Employment	<b>18</b> 10:00 am- Weekly Wrap-Up 12:00 pm- Lunch 1:00 pm- Weekend Planning	<b>19</b>	
<b>20</b>	<b>21</b> Martin Luther King Jr.  <b>CLOSED</b>	<b>22</b> 10:00 am CBT Group 12:00 pm- Lunch 1:00 pm- Art Group	<b>23</b> 10:00 am- Peer to Peer Group 12:00 pm- Lunch 1:00 pm- Stress Management	<b>24</b> 10:00 am- Dual Recovery Group 12:00 Lunch 1:00 pm- Life Skills Group- Money Management	<b>25</b> 10:00 am- Weekly Wrap-Up 12:00 pm- Lunch 1:00 pm- Weekend Planning	<b>26</b>	
<b>27</b>	<b>28</b> 10:00 am- Weekly Check-In 12:00 pm- Lunch 1:00 pm- Music Group	<b>29</b> 10:00 am CBT Group 12:00 pm- Lunch 1:00 pm- Art Group	<b>30</b> 10:00 am- Peer to Peer Group 12:00 pm- Lunch 1:00 pm- Stress Management	<b>31</b> 10:00 Dual Recovery Group 12:00 Lunch 1:00 Life Skills Group - Banking			