

Pantry Hours
Tuesday & Thursday 12-1pm
Wednesday 12:30-2pm

All SCC Activities Are Subject to Change

June 2025

Call 914-345-5900 Ext 7100 and speak with Valerie about an event or to sign up for a social

SCC Milieu Hours

Tues 9-3

Wed 9-3

Thurs 9-3

Computer Lab Open Till 4:25 pm Mon-Thurs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Social Albanian Cultural Heritage Kensico Dam 11:30-2:30	2 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	3 11-12 Town Hall Meeting 1-2 Exploring Empowerment 2-3 Advisory Board	4 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way	5 Greater Mental Health 2nd Annual Pride Dance 12-3 pm Doors open at 11 am Transportation 3:30 pm	6 <u>Online Groups</u> 1-2 Open Mic	7 Social Golden Corral 11:30-2:30
8	9 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	10 10:30 Meditation 11-12 Improving Comm 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	11 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Our Experiences	12 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 A Journey Through Instruments 2-3 Leveraging Life Skills	13 <u>Online Groups</u> 1-2 Open Mic	14 Social Walmart Cortlandt Manor 11:30-2:30 pm Flag Day
15 Father's Day	16 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	17 10:30 Meditation 11-12 Improving Comm Juneteenth Luncheon 12-3 pm	18 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop 2-3 Our Experiences	19 Juneteenth Sterling Closed	20 <u>Online Groups</u> 1-2 Open Mic First Day Of Summer	21 Social Sal's Pizza Mamaroneck 11:30-2:30pm
22 Social African American Cultural Heritage Kensico Dam 11:30-2:30	23 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	24 10:30 Meditation 11-12 Improving Comm 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	25 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop	26 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 Advisory Board 2-3 Leveraging Life Skills	27 <u>Online Groups</u> 1-2 Open Mic	28 Social Flaming Grill Mt Vernon 11:30-2:30
29	30 <u>In-Person Groups</u> No Milieu 12-1 Mindfulness 1-2 pm <i>Dream Big</i>	July 1 10:30 Meditation 11-12 Improving Comm 12:30 Anthony's Art Group 1-2 Our Experiences 2-3 Culture	July 2 10:30 Meditation 11-12 Poetry Club 11-12 Discovering Your Way 1-2 Art Workshop	July 3 10:30 Meditation 11-12 Creative Discussion 1 -2 Music Group 2-3 Leveraging Life Skills	July 4 <u>Independence Day Greater Mental Health Office Closed</u> <u>SCC Closed</u>	July 5 No Social

Inclement weather delays/closure:
Call 914-345-5900 x7100 for a recorded msg

Guidelines for Personal Behavior at 29 Sterling

1. Use courtesy and respect toward all participants of the Sterling Community
 - a. Remember, the community includes everyone who works in the building, as well as those attending other programs!
 2. We like to respect each other's privacy.
 - a. We all have the right to tell our own story
 - b. "Nothing about us without us"
 3. We are all responsible for our words, behaviors, and reactions
 - a. Think first, then act
 4. We all have a part in making Sterling a better place to be
 - a. By showing respect for the people, spaces, and resources
 - i. Cleaning up when needed, especially our messes
 - b. Keeping good personal hygiene, appropriate dress, etc.
 - c. Respecting our volunteers
 5. We aspire to be a safe space – somewhere everyone is welcome and comfortable.
 - a. Discrimination, in any form, is not welcome
 - b. We address each other, and speak to each other with respect
 - c. Threats or violence of any kind are not tolerated.
 - d. Respect others boundaries – listen to what they say
 - e. Avoid asking to borrow money, cigarettes, ect.
 6. Be assertive about expressing a need for boundaries
 - a. Ask staff for assistance if you feel uncomfortable.
 7. Consider walking away from situations/other when there are unresolvable differences – or asking staff to mediate
 8. Go to a staff member with any specific concerns or urgent situations- remember there is always someone at the front desk
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