

2023

JANUARY

Sycamore Wellness Center -
Monthly Calendar



Address: 9333 Tech Center Dr, Ste 100
Sacramento, CA 95826

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
(9-10am) Coffee & Community W/Jill (10:30-11:30am) Art Remedies Group W/Bo (12-1pm) Snack Hour (1:30-2:30pm) Music & Movement Group W/ Jill (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	(9-10am) Coffee & Community W/Jill (10:30-11:30am) Attitudes & Behaviors Group W/ Marvin (12-1pm) Snack Hour (1:30-2:30pm) Coping with Stress W/ Marvin (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	(9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness W/Marvin (12-1pm) Snack Hour (1:30-2:30pm) Music & Movement Group W/ Jill (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	(9-10am) Coffee & Community W/Jill (10:30-11:30am) Sexual Health Group w/ Bo (12-1pm) Snack Hour (1:30-2:30pm) Community Resource Review W/Jill (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	(9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness Group Bo (12-1pm) Snack Hour (1:30-2:30pm) Body Movement Group W/ Jill (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes
09	10	11	12	13
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06	07	08	09	10

Available Daily

Snacks	Light snacks and refreshments offered throughout the day
Respite	Quiet space to take a moment of rest
Community	Share space with people and spend time with our friendly staff
Hygiene Kits	Items to support with health and hygiene
Sexual Health Kits	Small kits with supplies to support your physical, emotional, and social/sexual health
Sharps Containers	Small, hard plastic container used to safely dispose of needles or medical instruments

Group & Class Descriptions

Art Remedies	Tinker and create to better understand your emotions, behaviors, stressors and joys in life.
Attitudes & Behaviors	Learn how to manage conflict and explore anger and expressions.
Coffee & Community	Ease into the day by reaffirming community relationships through small talk and kind gestures, all while enjoying a morning snack and a cup of coffee.
Community Resource Review	Gather knowledge on what services are available to individuals in Sacramento county.
Coping with Stress	Learn ways to overcome barriers or challenges that present difficulties in a healthy and meaningful way.
Mindfulness	A selection of activities to support the development of our inner and outer selves through activities such as meditation, breathing exercise, and spiritual practices to encourage healing, overall wellness, and community.
Music & Movement	Invest in the power of music and movement to reduce stress, anxiety and improve mood and self-expression.
Queer Community	Space reserved for folks who identify as LGBTQ+ and want to share space with others and explore similar challenges, joys or experiences.
Sexual Health	Learn safer ways to engage in sexual activity and where and how to access care.

Monthly Events

Employment Expo	Find out who is hiring in areas near you as well as getting support applying for such jobs.
Housing Expo	Learn about housing options available at this time and the process to access each depending on availability and qualifications.
Food Expo	Explore options to access more food options in areas near you or options that may be more sustainable.

If there are any groups or events that you would like to see at our Wellness Center, please share your ideas with our team!

About BACS

Site	Sycamore Wellness Center
Address	9333 Tech Center Dr, Ste 100, Sacramento, CA 95826
Contact	www.bayareacs.org
Mission	Our mission is to uplift under-served individuals and their families by doing whatever it takes.
History	Founded in Oakland in 1953, first Sacramento program opened in 2021. Our first Wellness Center opened in 1969!
About Wellness Centers	BACS Wellness Centers are a hub for support for individuals with behavioral health challenges, who want to manage symptoms and move forward in healthy and positive ways. Every door is the right door when you come to BACS, so people who need assistance with housing, employment, health, food, healthcare, community-building, and more are all welcomed and will find the support they need at our neighborhood hubs.