

2023

FEBRUARY

Sycamore Wellness Center -
Monthly Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	01 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Music & Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	02 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Community Resource Review (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	03 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness Group (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes
06 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Music & Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	07 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Attitudes & Behaviors Group/ Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress/ Mindfulness (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	08 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Body Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	09 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Partner Input Meeting (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	10 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness Group (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes
13 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Music & Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	14 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Attitudes & Behaviors Group/ Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	15 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Music & Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	16 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Queer Community Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	17 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness Group (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes
20 CLOSED FOR PRESIDENTS DAY	21 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Attitudes & Behaviors Group/ Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	22 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Body Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	23 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Sexual Health Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	24 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness Group (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes
27 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Music & Movement Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	28 (9-10am) Coffee & Community W/Jill (10:30-11:30am) Attitudes & Behaviors Group/ Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes	01	02	03
06	07	08	09	10