

2023

MAY

Sycamore Wellness Center -  
Monthly Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Motivation Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>02</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Anager Management (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress/ Mindfulness (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>03</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Music &amp; Movement Group (11:30-1pm) Refreshments Served (2-3pm) Women's and Femmes Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>04</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Depression/ Anxiety group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>05</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes</p>
<p>08</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Motivation Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>09</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Anager Management (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress/ Mindfulness (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>10</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Music &amp; Movement Group (11:30-1pm) Refreshments Served (2-3pm ) Women's and Femmes Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>11</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Depression/ Anxiety group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>12</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes</p>
<p>15</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Motivation Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>16</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Anager Management (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>17</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Music &amp; Movement Group (11:30-1pm) Refreshments Served (2-3pm) Women's and Femmes Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>18</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Depression/ Anxiety group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>19</p> <p>ST.PATRICK'S DAY (9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes</p>
<p>22</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Motivation Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>23</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Anager Management (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>24</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Music &amp; Movement Group (11:30-1pm) Refreshments Served (2-3pm) Women's and Femmes Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>25</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Art Remedies (11:30-1pm) Refreshments Served (2-3pm) Depression/ Anxiety group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>26</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (1:30-4pm) Movie/ Game Time (4pm) Wellness Center closes</p>
<p>29</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Mindfulness (11:30-1pm) Refreshments Served (2-3pm) Motivation Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>30</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Anager Management (11:30-1pm) Refreshments Served (2-3pm) Coping with Stress (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>31</p> <p>(9-10am) Coffee &amp; Community W/Jill (10:30-11:30am) Music &amp; Movement Group (11:30-1pm) Refreshments Served (2-3pm) Women's and Femmes Group (3-3:30pm) Check-ins, end of day Supports (4pm) Wellness Center closes</p>	<p>01</p>	<p>02</p>
<p>05</p>	<p>06</p>	<p>07</p>	<p>08</p>	<p>09</p>