

CORE Wellness Centers

BACS coordinates care for the “whole you” across health, housing, and other services.



Our centers are vibrant, inspirational, and integral to the communities we serve.

We help partners build an individualized wellness plan so they can live lives that are healthy, fun, and active by creating natural supports.

BACS’ first Wellness Center opened in Oakland in 1969, and our first CORE Wellness Center opened in Sacramento in 2022.

Bay Area Community Services (BACS) is committed to doing whatever it takes to uplift under-served individuals and their families.

bayareacs.org • 510-613-0330

BACS Wellness Centers are a hub for support for individuals with behavioral health challenges, who want to manage symptoms and move forward with their lives in healthy and positive ways.

Every door is the right door when you come to BACS, so people who need assistance with housing, employment, behavioral health, food, healthcare, community-building, and more are all welcomed and will find the support they need at our neighborhood hubs.

What We Do

- ♥ Peer support
- ♥ Social outings in the community
- ♥ Nutrition support and healthy eating support
- ♥ Employment resources
- ♥ Linkage to community resources
- ♥ Housing resources
- ♥ Peer led groups that focus on skill building, coping skills, and symptom management



This program is funded by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA)

Cedar Wellness Center



4600 47th Ave
Suite 111
Sacramento 95824
916-318-0141

Sycamore Wellness Center



9333 Tech Center Dr
Ste 100
Sacramento 95826
916-379-7964

Willow Wellness Center



7171 Bowling Drive
Suite 300
Sacramento 95823
916-270-6994