

2024

JANUARY

## Cedar Wellness Center - Monthly Calendar



Address: 4600 47th Avenue Ste. 111  
Sacramento, CA 95824

[illegible]



## January 2024 Weekly Group Schedule

\*\*\*Schedule is Subject to Change\*\*\*

<b>MON</b>	AM Group @ 10:00a – Harnessing Positive Thinking PM Group @ 2:30p – Meditation/Music Leads to Happiness
<b>TUE</b>	AM Group @ 10:00a – Anger Management & Emotional Regulation PM Group @ 2:30p – Building Self-Esteem
<b>WED</b>	AM Group @ 10:00a – Financial Wellness PM Group @ 2:30p – Mindfulness Being Aware of Mental Triggers
<b>THU</b>	AM Group @ 10:00a – Building Self Esteem PM Group @ 2:30p – Wellness Recovery Action Plan
<b>FRI</b>	AM Group @ 10:00a – The Way We Communicate PM Group @ 2:30p – Journaling

BACS C.O.R.E. Cedar Wellness Center  
Monday - Friday  
8AM - 4PM

**We'll Be Celebrating "The New Year" and "MLK"!  
We also have Daily Movie Events, Bingo, and Karaoke!!**



Funded by the Sacramento County Division of Behavioral Health Services  
through the voter-approved Proposition 63, Mental Health Services Act (MHSA).