

2024

MARCH

Sycamore Wellness Center -
Monthly Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	01 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Family Matters Clinical Group (3-4pm) Help Kicking Your Habbit (4pm) Wellness Center closes
04 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes	05 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes	06 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Body Awareness & Skills Group(ACT/DBT) (3-4pm) Social Skills Group (4pm) Wellness Center closes	07 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) CBT Managing Intrusive/Racing Thoughts Clinical Group (3-4pm) Employment Group (4pm) Wellness Center closes	08 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Family Matters Clinical Group (3-4pm) Help Kicking Your Habbit (4pm) Wellness Center closes
11 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes	12 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes	13 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Body Awareness & Skills Group(ACT/DBT) (3-4pm) Social Skills Group (4pm) Wellness Center closes	14 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) CBT Managing Intrusive/Racing Thoughts Clinical Group (3-4pm) Housing Group (4pm) Wellness Center closes	15 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Family Matters Clinical Group (3-4pm) Help Kicking Your Habbit (4pm) Wellness Center closes
18 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes	19 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes	20 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Body Awareness & Skills Group(ACT/DBT) (3-4pm) Social Skills Group (4pm) Wellness Center closes	21 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) CBT Managing Intrusive/Racing Thoughts Clinical Group (3-4pm) Employment Group (4pm) Wellness Center closes	22 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Family Matters Clinical Group (3-4pm) Help Kicking Your Habbit (4pm) Wellness Center closes
25 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes	26 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes	27 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Body Awareness & Skills Group(ACT/DBT) (3-4pm) Social Skills Group (4pm) Wellness Center closes	28 (8-10am) Cofee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) CBT Managing Intrusive/Racing Thoughts Clinical Group (3-4pm) Housing Group (4pm) Wellness Center closes	29
01	02	03	04	05