

2024

APRIL

Sycamore Wellness Center -
Monthly Calendar



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 01 | 02 | 03 | 04 | 05 |
| (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes | (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 |
| 08 | 09 | 10 | 11 | 12 |
| (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes | (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 |
| 15 | 16 | 17 | 18 | 19 |
| (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes | (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 |
| 22 | 23 | 24 | 25 | 26 |
| (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes | (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 | (8-10am) Coffee & 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 |
| 29 | 30 | 01 | 02 | 03 |
| (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Mindfulness Meditation Group (3-4pm) Anger Management Group (4pm) Wellness Center closes | (8-10am) Coffee & AM Snacks Served (11am-1:30pm) PM Snacks Served (2-3pm) Social Skills Group (3-4pm) Music Appreciation Group (4pm) Wellness Center closes | | | |
| 06 | 07 | 08 | 09 | 10 |
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