

2024

MAY

Sycamore Wellness Center -
Monthly Calendar



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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01	02	03
		(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
06	07	08	09	10
(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
13	14	15	16	17
(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
20	21	22	23	24
(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 (11am-2:00pm) BBQ!!! (2-3pm) Family Matters Clinical Group (3-4pm) Help Kicking Your Habbit (4pm) Wellness Center closes
27	28	29	30	31
Closed for Memorial Day.	(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
03	04	05	06	07