

2024

MAY

Willow Wellness Center -
Monthly Calendar



Address 7171 Bowling Dr Ste 300
Sacramento Ca 95823
Phone / Fax 916. 270.6994

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	01	02	03
		8:00am Coffee and conversation 10 am Group/ Anger Management/ role play 12pm refreshments 2pm Group/ Substance Support/ video 4pm close	8:00am Coffee and conversation 10 am Group/ Employment readiness 12pm refreshments 2pm Group/ Mindfulness activities (video) 4pm close	8:00am Coffee and conversation 10 am activity choice 12pm refreshments 2pm Movies/ snacks 4pm close
06	07	08	09	10
8:00am Coffee and conversation 10 am Group/ Interactions, open discussion 12pm refreshments 2pm Group/ Board games 4pm close	8:00am Coffee and conversation 10 am Group/ Music and movement 12pm refreshments 2pm Group/ journaling/whats holding you back 4pm close	8:00am Coffee and conversation 10 am Group/ Anger Management/ discussion 12pm refreshments 2pm Group/ Substance Support video 4pm close	8:00am Coffee and conversation 10 am Group/ Employment readiness 12pm refreshments 2pm Group/ Mindfulness body (video) 4pm close	8:00am Coffee and conversation 10 am activity choice 12pm refreshments 2pm Movies/ snacks 4pm close
13	14	15	16	17
8:00am Coffee and conversation 10 am Group/ Interactions, open discussions 12pm refreshments 2pm Group/ Board games 4pm close	8:00am Coffee and conversation 10 am Group/ Music appreciation 12pm refreshments 2pm Group/ journaling/ describe yourself in 10 words and why 4pm close	8:00am Coffee and conversation 10 am Group/ Anger Management/ video 12pm refreshments 2pm Group/ Substance Support/live 4pm close	8:00am Coffee and conversation 10 am Group/ Employment readiness 12pm refreshments 2pm Group/ Mindfulness seeing (video) 4pm close	8:00am Coffee and conversation 10 am activity choice 12pm refreshments 2pm Movies/ snacks 4pm close
20	21	22	23	24
8:00am Coffee and conversation 10 am Group/ Interactions, open discussions 12pm refreshments 2pm Group/ Games 4pm close	8:00am Coffee and conversation 10 am Group/ Music and movement 12pm refreshments 2pm Group/ journaling/ describe a perfect day 4pm close	8:00am Coffee and conversation 10 am Group/ Anger Management/role play 12pm refreshments 2pm Group/ Substance Support live 4pm close	8:00am Coffee and conversation 10 am Group/ Employment readiness 12pm refreshments 2pm Group/ Mindfulness listening (video) 4pm close	8:00am Coffee and conversation 10 am activity choice 12pm refreshments 2pm Movies/ snacks 4pm close
27	28	29	30	31
8:00am Coffee and conversation 10 am Group/ Interactions, open discussions 12pm refreshments 2pm Group/ Games 4pm close	8:00am Coffee and conversation 10 am Group/ Music and appreciation 12pm refreshments 2pm Group/ journaling/ challenges last week 4pm close	8:00am Coffee and conversation 10 am Group/ Anger Management/ discussion 12pm refreshments 2pm Group/ Substance Support 4pm close	8:00am Coffee and conversation 10 am Group/ Employment readiness 12pm refreshments 2pm Group/ Mindfulness exercise (video) 4pm close	
03	04	05	06	07

MONDAY, WEDNESDAY, FRIDAY SHOWERS 8:30- 3:00
TUESDAY AND THURSDAY LAUNDRY 8:30 AM- 3:00 PM

Wellness Center Program Supervisor Mierra Blake
Program Manager Linda Nguyen

Available Daily and Weekly

Showers M,W,F Laundry Tues & Thurs

Snacks	Light snacks and refreshments offered mid morning and afternoon
Respite	Safe, quiet clean environment to relax
Socialization	Share space with people and spend time with our friendly staff
Hygiene Kits	Items to support with health and hygiene
Sexual Health Kits	Small kits with supplies to support your physical, emotional, and social/sexual health
Sharps Containers	Small, hard plastic container used to safely dispose of needles or medical instruments

Group & Class Descriptions

Attitudes & Behaviors	Learn how to manage conflict and explore anger and expressions.
Coffee & conversation	Start the morning off with a hot cup of coffee, daily discussions, current events, personal experiences, and fun stories
Accessing community resources	Gather knowledge on what services are available to individuals in Sacramento county.
Stress management	Learn ways to overcome barriers or challenges that present difficulties in a healthy and meaningful way.
Mindfulness	A selection of activities to support the development of our inner and outer selves through activities such as meditation, breathing exercises, physical exercise, and spiritual practices to encourage healing, overall wellness, and community.
Music & Movement	Invest in the power of music and movement to reduce stress, anxiety and improve mood and self-expression.
Relationships/Sexual Health	Learn safe ways to engage in sexual activity and where and how to access care. Learn about health relationships

Monthly Events

Employment readiness	Find out who is hiring in areas near you, learn interview techniques, get support completing applications and resume building
Accessing Housing resources	Learn about housing options available at this time and the process to access each depending on availability and qualifications.

If there are any groups or events that you would like to see at our Wellness Center, please share your ideas with our team!

About BACS

Site	Willow Wellness Center
Address	7171 Bowling Drive ste 300 Sacramento CA 95823
Contact	www.bayareacs.org
Mission	Our mission is to uplift under-served individuals and their families by doing whatever it takes.
History	Founded in Oakland in 1953, first Sacramento program opened in 2021. Our first Wellness Center opened in 1969! 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.
About Wellness Centers	