

# GRAND OPENING CELEBRATION!

## MHSA ADULT WELLNESS CENTER IN WEST SACRAMENTO



*^ Look for this sign at  
500 – B Jefferson Blvd.,  
West Sacramento.*

## OPEN HOUSE

The Wellness Center will be  
**OPEN TO THE PUBLIC**  
**TUESDAY, JAN. 19, 2016**  
**Noon to 2:00 p.m.**

- **Come and see what's cooking!**
- Clients can enjoy socialization, life skills, cooking, arts and crafts, games, job readiness, group support and other activities.
- **Learn to design your own Wellness Recovery Action Plan (WRAP)**
- Computers will be available for job hunting, resume preparation, housing searches, self-help, etc.
- **Regular hours of operation:**  
The MHSA Adult Wellness Center in West Sacramento will be open to Yolo Co. mental health clients **Tuesdays & Thursdays, 10 – 3.**

*Open to the Public 12-2 PM, Tuesday, Jan. 19, 2016*

500 – B Jefferson Blvd., West Sacramento (next to the MH clinic).



**YOLO COUNTY HEALTH & HUMAN SERVICES AGENCY**  
**MENTAL HEALTH SERVICES ACT PROGRAMS (MHSA)**  
500 – B Jefferson Blvd., West Sacramento, CA  
[www.yolocounty.org](http://www.yolocounty.org)