



COUNTY OF YOLO

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West Sacramento Adult Wellness Center Re-Opens

(Woodland, CA) – The Yolo County Health & Human Services Agency’s West Sacramento Adult Wellness Center, located at 500-B Jefferson Boulevard, recently re-opened with a warm winter celebration attended by clients, contract providers, local representatives and staff.

The West Sacramento Adult Wellness Center, now occupying the space previously held by the WIC (Women, Infants & Children) program, is much larger and better equipped than the former center, which closed in 2010 as a result of the recession. Staffed by peer support workers, the new and expanded Adult Wellness Center serves Yolo County mental health clients offering socialization, life skills, arts and crafts, job readiness skills, Wellness Recovery Action Planning (WRAP) classes, group support activities and more.

“We are grateful to have the Adult Wellness Center re-open in West Sacramento,” said Yolo County Supervisor Oscar Villegas. “This center will allow West Sacramento residents struggling with mental illness an opportunity to receive social support, life skills and the opportunity to feel more connected to their community.”

The hours of operation for the West Sacramento Adult Wellness Center are Tuesdays and Thursdays, 10:00 a.m. to 3:00 p.m. For more information, contact Kristen Cline, supervising clinician at (916) 375-6340.

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