


MHSA ADULT WELLNESS CENTER WEST SACRAMENTO

FEBRUARY 2024

Wellness Center Hours: 10:00am– 3:00 pm
Monday through Thursday

500-B Jefferson Boulevard, West Sacramento, CA 95605 / Phone (916) 375-6340

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30 AM Check-In 11:00 AM Weekend Planning 11:30 AM Journaling 12:00 PM Games 1:00 PM Movie	2 Closed
5 10:30 AM Weekend Wrap-Up 11:00 AM Dual Diagnosis 12:00 PM Art 1:00 PM Daily Thoughts 1:30 PM Stress Management NOW OPEN MONDAYS!	6 10:30 AM Gratitude 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:30 PM Nutrition/healthy eating	7 10:30 AM Topic Chat 11:00 AM Walking 11:30 AM Processing Change 12:30 PM Reflections 1:30 PM Women's Group	8 10:30 AM Check-In 11:00 AM Weekend Planning 11:30 AM Journaling 12:00 PM Games 1:00PM Movie	9 Closed
12 10:30 AM Weekend Wrap-Up 11:00 AM Dual Diagnosis 12:00 PM Art 1:00 PM Daily Thoughts 1:30 PM Stress Management	13 10:30 AM Gratitude 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:30 PM Valentine's Day Event	14 10:30 AM Topic Chat 11:00 AM Walking 11:30 AM Processing Change 12:30 PM Reflections 1:30 PM Women's Group 	15 10:30 AM Check-In 11:00 AM Weekend Planning 11:30 AM Journaling 12:00 PM Games 1:00PM Movie	16 Closed
19 CENTER CLOSED FOR PRESIDENT'S DAY	20 10:30 AM Gratitude 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:00 PM Members Meeting	21 10:30 AM Topic Chat 11:00 AM Walking 11:30 AM Processing Change 12:30 PM Reflections 1:30 PM Women's Group	22 10:30 AM Check-In 11:00 AM Weekend Planning 11:30 AM Journaling 12:00 PM Games 1:00PM Movie	23 Closed
26 10:30 AM Weekend Wrap-Up 11:00 AM Dual Diagnosis 12:00 PM Art 1:00 PM Daily Thoughts 1:30 PM Stress Management	27 10:30 AM Gratitude 11:00 AM Men's Group 12:00 PM Meditation 12:30 PM Positivity 1:30 PM Nutrition/healthy eating	28 10:30 AM Topic Chat 11:00 AM Walking 11:30 AM Processing Change 12:30 PM Reflections 1:30 PM Women's Group	29 10:30 AM Check-In 11:00 AM Weekend Planning 11:30 AM Journaling 12:00 PM Games 1:00PM Movie	

**MHSA ADULT WELLNESS CENTER
WEST SACRAMENTO**

FEBRUARY 2024