



CORE X Street Wellness Center Activities Calendar

1400 x Street
Sacramento, CA 95818 (916) 738-7400

June 2025

Showers & Laundry
Available!
See Schedule Below
for Sign Ups

MONDAYS WEDNESDAYS FRIDAYS
8:30AM/9:00AM SIGN-UPS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM	Breakfast 8:00a-9:30a (Coffee will be available until 12:00p)	Breakfast 8:00a-9:30a (Coffee will be available until 12:00p)	Breakfast 8:00a-9:30a (Coffee will be available until 12:00p)	Breakfast 8:00a-9:30a (Coffee will be available until 12:00p)	Breakfast 8:00a-9:30a (Coffee will be available until 12:00p)
9:00AM	DMV/DHA Support 9:00a-10:00a (Must be Scheduled)		Walk-In Mental Health Assessments 9:00a-11:00a		DMV/DHA Support 9:00a-10:00a (Must be Scheduled)
9:30AM	Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a
10:00AM	Matinee Mondays 10:00a-12:00p	Screen Writing 10:00a-11:00a (Will resume 6/17/2025)	Resource Group 10:00a-11:00a	Screen Writing 10:00a-11:00a (Will resume 6/17/2025)	“Becoming A Better You” (Women’s Group) 10:00a-11:00a
11:00AM	Rec & Leisure 11:00a-12:00p	Art 11:00a-12:30p		Rec & Leisure 11:00a-12:00p	
12:00PM	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p	Lunch 12:00p-1:00p
1:00PM	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p
2:30PM	Recovery Book Study 2:30p-3:30p	“For The Fellas” (Men’s Group) 2:30p-3:30p	Bike Group & “Life after Incarceration” Group 2:30p-3:30p	“Creative Writing ” [2 nd & 4 th Thursday of Month]	X STREET KARAOKE 2:30PM-3:30PM 
DAYS TO REMEMBER 	CLOSING EARLY 2PM 06/26/2025	Closed 06/19/2025	“Work Readiness Group” Group [06/04/2025] 2:30p-3:30p	“Learning To Live” (Mental Health Court Group) 2:30p-3:30p [2nd Thursday of the Month]	Brunch Lunch Pride 06/13/2025 12:00p-2:00p

Wellness Center is open Monday - Friday 8:00AM-2:00PM
(Groups are held from 2:30pm - 4:00pm) - Come join us!