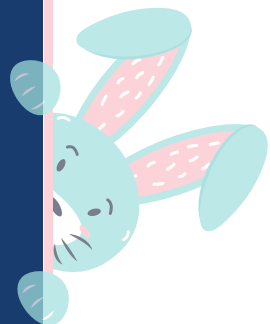


HOPE COOPERATIVE

Resilience. Connection. Transformation.



CORE X Street Wellness Center Activities Calendar

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


April 2026

Showers & Laundry
See Schedule Below
for Sign Ups

MONDAYS WEDNESDAYS THURSDAYS

FRIDAYS

8:30AM/9:00AM SIGN-UPS

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|---|
| 8:00AM | Breakfast 8:00a-10:00a (Coffee will be available until 12:00p) | Breakfast 8:00a-10:00a (Coffee will be available until 12:00p) | Breakfast 8:00a-10:00a (Coffee will be available until 12:00p) | Breakfast 8:00a-10:00a (Coffee will be available until 12:00p) | Breakfast 8:00a-10:00a (Coffee will be available until 12:00p) |
| 9:00AM | Walk-In Mental Health Assessments 9:00a-11:00a | | SUPT [9:00a-11:00a] | | DMV/DHA Support 9:00a-10:00a (Must be Scheduled) |
| | DMV/DHA (Medi-Cal) Support 9:00a-11:00a | 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 | Rec & Leisure 10:00a-11:00a | Movies with Derick 10:00a-11:00a | Rec & Leisure 10:00a-11:00p | Rec & Leisure 10:00a-11:00p | (Women's Group) & Rec & Leisure 10:00a-11:00p |
| 11:00AM | | Art 11:00a-12:30p | NEW Wellness Wednesdays 11:00a-12:00p | Writing Group 11:00a-12:00p | Benefit Support 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 Screen Writing 1:00p-2:00p | Afternoon Check-ins 1:00p-1:30p | Afternoon Check-ins 1:00p-1:30p | Afternoon Check-ins 1:00p-1:30p |
| 2:30PM | Recovery Support Group 2:00p-3:00p | "For The Fellas" (Men's Group) 2:30p-3:30p | "Life after Incarceration" Group 2:30p-3:30p | "Learning To Live" (Mental Health Court Group) 2:30p-3:30p <i>[2nd & 4th Thursday of the Month]</i> | X Street Karaoke 2:30p-3:30p |
|  | CLOSING EARLY 1:30p <i>04/02/2026, 04/24/2026</i> | | Probation Outreach 10:00a-12:00p <i>[04/09/2026]</i> | "Work Readiness Group" Group <i>[3rd Friday of the Month]</i> 2:30p-3:30p | Anger Management Group 10:00a <i>[2nd & 4th Friday of the Month]</i> |

Wellness Center is open Monday - Friday 8:00 AM - 3:30 PM