

# HOPE COOPERATIVE

Resilience. Connection. Transformation.

# CORE X Street Wellness Center Activities Calendar

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



## June 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]	Open hours Employment 9:00a-10:00a	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	<b>NEW</b> Grief Group 10:00a-11:00a	Morning Check-ins 9:30a-10:00a	Morning Check-ins 9:30a-10:00a
10:00AM	Rec & Leisure with Monica 10:00a-11:00a	Movies with Derick 10:00a-11:00a	Rec & Leisure with Monica 10:00a-11:00a	Rec & Leisure 10:00a-11:00a	(Women's Group) & Rec & Leisure 10:00a-11:00a
11:00AM		Art 11:00a-12:30p	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 &amp; 4th Thursday of the Month]</i>	X Street Karaoke 2:30p-3:30p
	<b>CLOSING EARLY</b> 1:30p <i>06/04/2026, 06/26/2026</i>	<b>CLOSED</b> <i>06/19/2026</i>	Juneteenth Celebration <i>June 18<sup>th</sup> 2026</i> 12:00p-3:30p 	"Work Readiness Group" Group <i>[3rd Friday of the Month]</i> 2:30p-3:30p	<b>Anger Management Group</b> 10:00a <i>[2nd &amp; 4th Friday of the Month]</i>

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