



Resilience. Connection. Transformation.

CORE X Street Wellness Center Activities Calendar

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

October 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	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	Afternoon Check-ins Screen Writing 10:00a-11:00a	Rec & Leisure with Monica 10:00a-11:00a	(Women’s Group) & Rec & Leisure 10:00a-11:00a	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	Movie Group 1:00p-2:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p	Afternoon Check-ins 1:00p-1:30p
2:30PM	Recovery Support Group 2:00p-3:00p	“For The Fellas” (Men’s Group) 2:30p-3:30p		“Learning To Live” (Mental Health Court Group) 2:30p-3:30p [2nd & 4th Thursday of the Month]	X Street Karaoke 2:30p-3:30p
	CLOSING EARLY 1:30p 10/08/2026,		“Music Group” 2:30p-3:30p [2nd Wednesday of the Month]	“Work Readiness Group” Group [3rd Friday of the Month] 2:30p-3:30p	Anger Management Group 10:00a [2nd & 4th Friday of the Month]

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



HOPE COOPERATIVE

FALL FESTIVAL

FRIDAY, OCTOBER 30TH

12 NOON – 3 PM

📍 3737 Marconi Ave

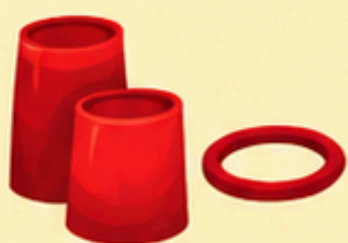
Let's celebrate the season together!

CALLING ALL HOPE COOPERATIVE EMPLOYEES

We invite you to consider hosting a booth at the Fall Festival!
A table will be provided for you to decorate, and your booth can be for:



FOOD



A GAME



FACE PAINTING



OR...
GET CREATIVE!

SHARE
YOUR IDEAS
AND BRING
THE FUN!



BBQ LUNCH

will be available for everyone!

GOOD FOOD
GREAT PEOPLE
A STRONGER
HOPE COOPERATIVE



Community



Creativity



Connection



CORE X STREET WELLNESS CENTER

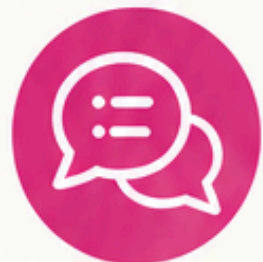
WOMEN'S *Empowerment* GROUP

A safe, supportive space for women to build confidence, practice self-advocacy, set healthy boundaries, and strengthen relationships.



EMPOWER YOURSELF

Build self-confidence and self-worth



BUILD TRUST

Foster meaningful connections and support



SET BOUNDARIES

Learn healthy boundary skills for everyday life



SUPPORT & GROW

Share, learn, and grow together in community

You are Strong. You are Enough.
You are NOT alone.



WOMEN'S GROUP

Meets **Every Thursday**
10:00 AM – 11:00 AM

CORE X STREET WELLNESS CENTER

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



*All women are welcome.
Your voice matters.*

**COME AS YOU ARE.
LEAVE FEELING EMPOWERED.**



SEE THE FULL ACTIVITIES CALENDAR FOR OTHER GREAT GROUPS!

- Wellness Wednesdays 11:00am–12:00pm
- Women's Group (Thursdays) 10:00am–11:00am
- Grief Group (Wednesdays) 10:00am–11:00am
- Recovery Support Group (Mondays) 2:00pm–3:00pm



SHOWERS & LAUNDRY

See Schedule Below
for Sign Ups

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



WELLNESS CENTER HOURS

MONDAY – FRIDAY
8:00 AM – 3:30 PM

*We're
Here for You.*

RESILIENCE ♥ CONNECTION ♥ TRANSFORMATION