

WEEKLY SCHEDULE

MONDAY

4:00 to 6:00 PM Family Legal Clinic - by appointment ONLY (3rd Monday)
 6:00 to 7:00 PM Addicts in the Attic, C.M.A.
 6:00 to 7:00 PM Bereavement Support Group (online only)
 6:30 to 7:30 PM Queer Yoga

TUESDAY

4:00 to 6:00 PM Legal Clinic - by appointment ONLY (1st Tuesday)
 5:30 to 6:30 PM Non-Binary Group (1st & 3rd Tuesdays)
 6:00 to 7:30 PM Women's Group (1st & 3rd Tuesdays)
 6:00 to 7:30 PM Youth Group (ages 18 - 24)
 6:30 to 8:30 PM Tuesday Midtown A.A. (online only)
 6:30 to 7:30 PM Over the Rainbow N.A.

WEDNESDAY

6:00 to 7:00 PM Coming Out Group (online only)
 6:00 to 7:30 PM Youth Group (ages 13 - 17)
 6:00 to 7:00 PM Parent Support Group

THURSDAY

10:30 to 11:30 AM Chair Yoga (online only)
 4:00 to 6:00 PM Legal Clinic - by appointment ONLY (3rd Thursday)
 6:00 to 7:00 PM HOLD: Transmasculine Group (2nd & 4th Thursdays)
 6:30 to 8:00 PM 20-Somethings Group (ages 20 – 29)

FRIDAY

5:30 to 7:30 PM Wholesale Miracles A.A. Book Study (online only)
 6:00 to 7:30 PM Men's Group (1st & 3rd Fridays in-person, 2nd & 4th Fridays online)
 7:00 to 8:00 PM "In The Know" QTPOC Group (2nd & 4th Fridays)

SATURDAY

10:00 to 11:30 AM Golden Grounds, Senior Coffee Group (online only)
 6:00 to 7:30 PM Strength In Numbers, HIV Support Group (online only)

SUNDAY

10:15 to 11:15 AM Morning Wakeup N.A.
 6:00 to 7:00 PM Trans Support Group (1st & 3rd Sunday, online only)
 7:00 to 8:00 PM Over the Rainbow N.A. (online only)

Community Resources and Referrals

Monday through Friday 10 AM to 5 PM

Adult Respite Drop-In

Tuesday & Thursday 10 AM to 4 PM

Q-Spot: Youth Respite Drop-In (ages 13 - 24)

Monday through Friday 12 PM to 6 PM

Saturday & Sunday 10 AM to 4 PM

*to access online groups email marcy.basila@saccenter.org

WHAT WE OFFER AT THE CENTER

Youth Programs

The Q-Spot at the Sacramento LGBT Community Center is a safe and affirming space for LGBTQ+ youth ages 13-24. The Q-Spot is open for drop-in, 7 days a week. Mon - Fri 12 to 6 pm and Sat - Sun 10 am to 4 pm. During Q-Spot drop-in we provide an array of services including: Showers, washer & dryer, food, bus passes, video games, phone chargers, TV, internet, computers, and more. The Q-Spot also offers weekly support groups and activities. Please visit our social media and website for updated schedules. Drop-in and groups are always staffed by Youth Advocates. For more information, please e-mail: Youth@SacCenter.org.

Health Programs

The Center's Health Programs provide a variety of information, resources and sexual health education to community members. Services include: Covered California enrollment, free HIV and Hepatitis C tests, safer-sex supplies, HIV prevention, education and support, culturally responsive trainings and suicide prevention. For more information, please e-mail: Health@SacCenter.org.

Community Resources

Community Resources (CR) connects people with LGBT-friendly & affirming organizations and service providers. When looking for services, such as housing, counseling, legal counsel, social groups, employment, etc. a CR volunteer can help you find an agency through a referral process. CR volunteers & staff work throughout the week. Drop-in, call, or e-mail to access them. Please allow 48 to 72 hours if you leave a message for a CR volunteer or staff to follow up with you. For more information, please e-mail: marcy.basila@SacCenter.org.

Drop-In Respite for Adults

The Sacramento LGBT Community Center is open for adult respite, twice a week. It is available to those experiencing a personal crisis or those who are seeking to prevent a crisis. Our respite is a place for guests to find reprieve and relax in comfort. Peer respite volunteers provide a supportive and safe environment for guests to connect and move towards overcoming challenges. Food, computers, internet, and charging outlets are also available. Those that identify as LGBTQ+ or ally, and are 25 years old or older may access these services on Tuesdays and Thursdays, 10 am to 4 pm. **For those 24 and under, please visit the Q-Spot.**

Want to volunteer?! Join our team today! Contact us: volunteers@saccenter.org or visit our website: saccenter.org/volunteer

Questions? E-mail: info@saccenter.org or call: **916.442.0185**

This program is funded by Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA).

