

Downtown Youth Wellness Center

725 East Santa Clara Street, Suite 105, San Jose, CA 95112 • 408-961-4645

September 2023 / Septiembre 2023

Sunday <i>Closed</i>	Monday <i>Closed</i>	Tuesday Open: 10am – 7pm	Wednesday Open: 10am – 7pm	Thursday Open: 10am – 7pm	Friday Open: 10am – 7pm	Saturday Open: 9am – 5pm
					1 🏀 Game Day, 5-6pm	2 🌸 Self Care Saturday (all day!) w/ light breakfast served 10am-12pm
3	4	5 📺 Movie Night, 5-6:30pm	6 ☕ Coffee Shop Talks: Dealing with Drama, 4-5pm	7 🏠 Housing 101: Finding Housing, 4-5pm 😊 Art & Vibe, 5-6pm	8 🏀 Game Day, 5-6pm	9 🌸 Self Care Saturday (all day!) w/ light breakfast served 10am-12pm
10	11	12 📺 Movie Night, 5-6:30pm	13 🗑️ Ask a Psychiatrist: Que hago con mi ansiedad? 4:30-6pm	14 😊 Art & Vibe, 5-6pm	15 🏀 Game Day, 5-6pm	16 🌸 Self Care Saturday (all day!) w/ light breakfast served 10am-12pm
17	18	19 📺 Movie Night, 5-6:30pm	20 ☕ Coffee Shop Talks: Family Matters, 4-5pm	21 🏠 Housing 101: Moving In, 4-5pm 😊 Art & Vibe, 5-6pm	22 ⭐ Game Day: Nintendo Switch Tournament, 5-6pm <i>Come join in friendly fun and win prizes!</i>	23 🌸 Self Care Saturday (all day!) w/ light breakfast served 10am-12pm
24	25	26 📺 Movie Night, 5-6:30pm	27 🗑️ Ask a Psychiatrist: Open Forum for Questions, 4:30-6pm	28 😊 Art & Vibe, 5-6pm 🗑️ SEPTEMBER BIRTHDAYS CELEBRATION! w/ special treat	29 🏀 Game Day, 5-6pm	30 🌸 Self Care Saturday (all day!) w/ light breakfast served 10am-12pm