



Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA)

## CORE Howe

**COMMUNITY, OUTREACH, RECOVERY, EMPOWERMENT**

### WHAT WE DO:

- Outpatient mental health services for adults 18+
- Community Wellness Center with Peer Support
- Strengths model
- SOAR (SSI/SSDI Outreach, Access & Recovery) benefits assistance
- Motivational Interviewing and Seeking Safety groups
- Short-term therapy
- Coping skills building
- Medication support
- Case management
- Support out of homelessness/at risk of
- On-site showers & laundry machines



### CORE SERVICE HOURS:

Monday - Friday (excluding holidays)  
8:00am - 5:00pm

### CORE WALK-IN HOURS:

Wednesdays 1:00pm - 3:00pm

### WELLNESS CENTER HOURS:

Monday - Friday (excluding holidays)  
8:30am - 5:00pm

### SHOWER/LAUNDRY HOURS:

Tuesday & Thursday 9:30am - 12:30pm

### ADDRESS & CONTACT INFO:

650 Howe Ave #300, Sacramento, CA 95825  
Phone: (916) 485-6500  
Fax: (916) 485-6814

### WEBSITE:

[www.hopecoop.org](http://www.hopecoop.org)



SCAN ME

