

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Family Services Call Zandra for info: (805)458-5487	2 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11:30 Community Mtg. 12:00 Walking 4 Wellness	3 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11am Dancing for Wellness 10:30-12:30 Nurse & Outreach workers	4 Open Hours 8-1pm 10:00 Fun with Friends 11:00 Dual Diagnosis 	5 Open Hours 8-1pm 9:00-12:00 Computer Lab 9:00-11:00 Orientations 10:00 Fun with Friends
8 Family Services 	9 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11:30 Community Mtg. 12:00 Walking 4 Wellness	10 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11am Dancing for Wellness 10:30-12:30 Nurse & Outreach workers	11 CLOSED 	12 Open Hours 8-1pm 9:00-11:00 Orientations 9:00-12:00 Computer Lab 10:00 Fun with Friends
15 Family Services	16 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11:30 Community Mtg. 12:00 Card Making	17 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11am Dancing for Wellness 10:30-12:30 Nurse & Outreach workers	18 Open Hours 8-1pm 10:00 Fun with Friends 11:00 Dual Diagnosis	19 Open Hours 8-1pm 9:00-11:00 Orientations 9:00-12:00 Computer Lab 10:00 Fun with Friends 12-2pm Potluck & BINGO— Must RSVP
22 Family Services 	23 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11:30 Community Mtg. 12:00 Walking 4 Wellness	24 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11am Dancing for Wellness 10:30-12:30 Nurse & Outreach workers	25 Open Hours 10-1pm 9:00 Food Distribution 10:00 Fun with Friends 11:00 Dual Diagnosis	26 Open Hours 8-1pm 9:00-11:00 Orientations 9:00-12:00 Computer Lab 10:00 Fun with Friends
29 Family Services 	30 Open Hours 8-1pm 9:00-12:00 Computer Lab 10:00 Fun with Friends 11:30 Community Mtg. 12:00 Walking 4 Wellness	NEW MEMBER Orientations are made by appointment on Fridays between 9-11am	 24/7 Central Coast Hotline	Join the Helping Hands of Lompoc Facebook page/ chat for updates on programming & meetups in the community