

“Helping Hands of Lompoc”

513 North G St.



819-0460 ext. 153

Open Mon-Fri 8-3




MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>Don't forget to attend the Community Meeting Tuesday at 9am or 1pm Or call the front desk BEFORE 1pm if you are unable to attend</p>				<p>1 OPEN 8-3 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>
	<p>CLOSED FOR LABOR DAY</p>	<p>5 OPEN 8-3 9 Community Meeting 10:30 Open Computer Lab 12 Lunch 12:30 Open Computer Lab 1 Community Meeting</p>	<p>6 OPEN 8-3 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/Friends 10:30 Diabetes Support Group 10:45 Public Health Nurse 12 Lunch 1:30 Art 3-4 H2L Academy Planning</p>	<p>7 OPEN 8-3 11am Tai Chi Demo 12 Lunch 1 Dual Diagnosis 2 Job Club</p>	<p>8 OPEN 8-2 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>
	<p>11 OPEN 8-2 9 Walking 4 Wellness 9:30 Coffee w/ Friends 11:30 Movie 12 Lunch 1 Depression/Bipolar Support 2pm Staff meeting</p>	<p>12 OPEN 8-3 9 Community Meeting 10:30 Open Computer Lab 12 Lunch 12:30 Open Computer Lab 1 Community Meeting</p>	<p>13 OPEN 8-3 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/Friends 10:45 Public Health Nurse 12 Lunch 1:30 Art 3-4 H2L Academy Planning</p>	<p>14 OPEN 8-3 12 Lunch 1 Dual Diagnosis 2 Job Club</p>	<p>15 OPEN 8-3 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>
	<p>18 OPEN 8-3 9 Walking 4 Wellness 9:30 Coffee w/ Friends 11:30 Movie 12 Lunch 1 Depression/Bipolar Support</p>	<p>19 OPEN 8-3 9 Community Meeting 10:30 Open Computer Lab 12 Lunch 12:30 Open Computer Lab 1 Community Meeting</p>	<p>20 OPEN 8-3 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/Friends 10:30 Diabetes Support Group 10:45 Public Health Nurse 12 Lunch 1:30 Art 3-4 H2L Academy Planning</p>	<p>21 OPEN 8-3 12 Lunch 1 Dual Diagnosis 2 Job Club</p> 	<p>22 OPEN 8-3 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>
	<p>25 Closed 4 Beautification Day Come join us at 8am to beautify H2L</p>	<p>26 OPEN 8-3 9 Community Meeting 10:30 Open Computer Lab 12 Lunch 12:30 Open Computer Lab 1 Community Meeting</p>	<p>27 OPEN 8-3 8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/Friends 10:30 Public Health Nurse 12 Lunch 1:30 Art 3-4 H2L Academy Planning</p>	<p>28 OPEN 8-3 12 Lunch 1 Dual Diagnosis 2 Job Club</p>	<p>29 OPEN 8-3 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>