

Helping Hands of Lompoc Wellness Center  
 513 North G St.  
 Lompoc, CA 93436  
 (805)819-0460 Ext 153

# May 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 24/7 Central Coast Hotline	<b>NEW MEMBER</b> Orientations are made by appointment on Fri- days between 9-11am	<b>1 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 10:30-12:30 Nurse & Outreach workers 11:00 Dancing for Wellness	<b>2 <u>Open Hours 8-1pm</u></b> 10:00 Fun with Friends 11:00 Dual Diagnosis	<b>3</b> <b><u>Closed</u></b>	<b>4 <u>Open for Event Only</u></b> SB Art Festival - RSVP for Art Vendors only
<b>6</b> Family Services Call Zandra for info: (805)458-5487	<b>7 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 11:30 Community Mtg 12:00 Walking 4 Wellness	<b>8 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 10:30-12:30 Nurse & Outreach workers 11:00 Dancing for Wellness	<b>9 <u>Open Hours 8-1pm</u></b> 10:00 Fun with Friends 11:00 Dual Diagnosis	<b>10 <u>Open Hours 8-1pm</u></b> 9:00-11:00 Orientations 9:00-12:00 Computer Lab 10:00 Fun with Friends	<b>11 <u>Open for Event Only</u></b> 10-2 Coffee with friends @ One Room Escapes MUST RSVP &
<b>13 Family Services</b>	<b>14 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 11:30 Community Mtg 12:00 Walking 4 Wellness	<b>15 <u>Open for Event Only</u></b> 3-8PM Santa Maria Wellness Center Open House (Must RSVP)	<b>16 <u>Open Hours 8-1pm</u></b> 9:00 Food Distribution 10:00 Fun with Friends 11:00 Dual Diagnosis	<b>17 <u>Open Hours 8-1pm</u></b> 9:00-11:00 Orientations 9:00-12:00 Computer Lab 11:00 Art Group	<b>18</b> <b><u>Closed</u></b>
<b>20 Family Services</b>	<b>21 <u>Open Hours 8-11am</u></b> 8-11am Computer Lab 10:00 Fun with Friends No Community Mtg No Walking 4 Wellness	<b>22 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 10:30-12:30 Nurse & Outreach workers 11:00 Dancing for Wellness 12pm Card Making	<b>23 <u>Open Hours 8-1pm</u></b> 10:00 Fun with Friends 11:00 Dual Diagnosis	<b>24 <u>Open Hours 8-1pm</u></b> 9:00-11:00 Orientations 9:00-12:00 Computer Lab 11:00 Movie and Snacks	<b>25</b> <b><u>Closed</u></b>
<b>27 Family Services</b>	<b>28 <u>Open Hours 8-1pm</u></b> 9:00-12:00 Computer Lab 11:30 Community Mtg 12:00 Walking 4 Wellness	<b>29 <u>Open for Event Only</u></b> <b>TMHA SHOE SHOP DAY!</b> <b>Must RSVP Limited Space!</b>	<b>30 <u>Open Hours 8-1pm</u></b> 9:00 Food Distribution 10:00 Fun with Friends 11:00 Dual Diagnosis	<b>31</b> <b><u>Closed</u></b>	Join the Helping Hands of Lompoc Facebook page/ chat for updates on programming & meetups in the community