



Standard Center Hours
Mon. 10:00-4:00 / Tues. 10:00-4:00
Wed. 10:00-4:00 / TH 11:00-4:30

September

Atascadero Wellness Center
"Life House" (805) 464-0512
5850 West Mall St. Atascadero, Ca.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Evening Support Groups</p> <p>1st & 3rd Mondays 6:30pm NAMI Family to Family</p>	<p>Life Happens Some Events/Activities Subject to Change</p>			<p>1</p> <p>10:00-10:30 Social Hour 10:30-11:30 Let's Play Bingo 12:00-2:00 Peer to Peer Training 2:00-3:00 Center Clean-Up 3:00-4:00 Office Hour</p>
<p>4</p> <p>6:30pm NAMI Family to Family</p>	<p>5</p> <p>10:00-10:30 Social Hour 10:30-12:30 Cooking w/Sally 12:30-1:00 Earthquake & Fire Drill 1:00-3:00 Galaxy Movie Day</p>	<p>6</p> <p>10:00-11:00 Social Hour 11:00-12:00 Celebrate September Birthdays 12:00-1:00 Healthy Boundaries 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous</p>	<p>7</p> <p>11:00-12:00 Social Hour 12:00-1:30 Vision & Calendar Planning 2:30-4:30 Group Facilitation Training @ TMHA</p>	<p>8</p> <p>10:00-10:30 Social Hour 10:30-11:30 Women's Group 12:00-2:00 Peer to Peer Training</p>
<p>11</p> <p>Center Closed</p>	<p>12</p> <p>10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:00-1:00 Art Group 1:00-2:00 Music Group 2:30-5:30 Young Adult Night @ Hope House</p>	<p>13</p> <p>11:00-12:00 Social Hour 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous 4:00-5:00 Potluck (Please bring a dish to share & RSVP)</p>	<p>14</p> <p>11:00-12:00 Social Hour 12:30-1:30 Men's Group 1:30-2:30 Anger Management 3:00-3:30 Office Hour</p>	<p>15</p> <p>10:00-10:30 Social Hour 10:30-11:30 Women's Group 12:00-2:00 Peer to Peer Training 2:00-3:00 Center Clean-Up 3:00-4:00 Office Hour</p>
<p>18</p> <p>6:30pm NAMI Family to Family</p>	<p>19</p> <p>10:00-11:00 Social Hour 11:00-12:00 The Attitude of Gratitude w/Brenda 12:00-1:00 Art Group 2:00-3:00 Music Group</p>	<p>20</p> <p>10:00-11:00 Social Hour 11:00-1:00 Movie & Popcorn Day @ Life House 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous</p>	<p>21</p> <p>11:00-12:00 Social Hour 12:00-1:00 Qigong w/Nancy 1:00-3:00 Paso Bowl 3:00-3:30 Office Hour</p>	<p>22</p> <p>12:00-2:00 Peer to Peer Training</p>
<p>25</p> <p>Center Closed</p>	<p>26</p> <p>10:00-11:00 Social Hour 11:00-12:00 Morning Meditation 12:00-3:00 Visit to See Canyon Apple Farms in Avila Beach (bring money if you want to buy apples)</p>	<p>27</p> <p>10:00-11:00 Social Hour 11:30-2:30 Ambassador Training @ TMHA 12:00-1:00 Laughter Therapy 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Anonymous</p>	<p>28</p> <p>11:00-12:00 Social Hour 12:30-1:30 Men's Group 1:30-2:30 Anger Management 3:00-3:30 Office Hour</p>	<p>29</p> <p>10:00-10:30 Social Hour 10:30-1:00 Book Exchange @ Safe Haven 12:00-2:00 Peer to Peer Training 2:00-3:00 Hospice Grief Support Gr. 3:00-4:00 Office Hour</p>