



“Helping Hands of Lompoc”

513 North G St.



819-0460 ext. 153

Open Mon-Fri



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Open Computer Lab Tuesday 9am-12pm & 12:30pm-2pm</p> <p>Wednesday 8am-12pm & 12:30pm-3pm</p> <p>Thursday 9am-12pm</p>	<p>2 OPEN 8-3</p> <p>9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Rock Painting 11:30 Movie 12 Lunch 1 Depression/Bipolar Support</p>	<p>3 OPEN 8-3</p> <p>9 Community Meeting 9:15 Grupo de Apoyo 10 Tai Chi w/ Yuka 12 Lunch 1 Community Meeting</p>	<p>4 OPEN 8-3</p> <p>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 12:30 Special Movie Event 1:30 Art 3-4 H2L Academy Planning</p>	<p>5 OPEN 8-3</p> <p>12 Lunch 1 Dual Diagnosis 2 Job Club</p> 	<p>6 CLOSED</p> <p>1-4pm Rhythm of Recovery Awards Pismo Beach</p> <p>Congratulations to our Nominees: Girlie, Nancy & Milton</p>
	<p>9 OPEN 8-2</p> <p>9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Rock Painting 11:30 Movie 12 Lunch 1 Depression/Bipolar Support 2 Staff Meeting</p>	<p>10 OPEN 8-3</p> <p>9 Community Meeting 9:15 Grupo de Apoyo 12 Lunch 1 Community Meeting</p>	<p>11 OPEN 8-3</p> <p>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>12 OPEN 8-3</p> <p>12 Lunch 1 Dual Diagnosis 2 Job Club</p>	<p>13 OPEN 8-3</p> <p>9 Walking 4 Wellness 9:30 Coffee w/ Friends</p>
<p>Join us for Sunday Football October 22nd @ 1pm</p>	<p>16 OPEN 8-3</p> <p>9 Walking 4 Wellness 9:30 Coffee w/ Friends 10:30 Rock Painting 11:30 Movie 12 Lunch 1 Depression/Bipolar Support</p>	<p>17 OPEN 8-3</p> <p>9 Community Meeting 9:15 Grupo de Apoyo 12 Lunch 1 Community Meeting</p> 	<p>18 OPEN 8-3</p> <p>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>19 OPEN 8-3</p> <p>12 Lunch 1 Dual Diagnosis 2 Job Club</p>	<p>20 OPEN 8-3</p> <p>9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group Starts</p>
	<p>23 OPEN 8-2</p> <p>9 Community Meeting 12 Lunch 1 Community Meeting *NO Depression/Bipolar Support</p>	<p>24 OPEN 8-1</p> <p>8:30 Morning Mindfulness 9 Walking 4 Wellness 9:15 Grupo de Apoyo 9:30 Coffee w/ Friends 12 Lunch</p>	<p>25 OPEN 8-1</p> <p>10:45 Public Health Nurse 12 Lunch</p>	<p>26 OPEN 8-1</p> <p>12 Lunch</p>	<p>27 OPEN 8-2</p> <p>8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 1 Serenity Group</p>
	<p>2 H2L Academy Kickoff</p> <p>30 OPEN 8-2</p> <p>9 Community Meeting 12 Lunch 1 Community Meeting 1:30 Depression/Bipolar Support</p>	<p>1 H2L Academy- Goal Setting</p> <p>31 OPEN 8-4</p> <p>8:30 Morning Mindfulness 9 Walking 4 Wellness 9:30 Coffee w/ Friends 12 Lunch</p> <p>1-3:30pm H2L Halloween Party *No Academy today</p>	<p>1 H2L Academy- WRAP</p> <p>Don't forget to attend the Community Meeting</p> <p>Please note that the Community Meeting will be on Mondays beginning October 23rd</p>	<p>1 H2L Academy- MHFA</p>	