







November 2017

Arroyo Grande Wellness Center
 "Safe Haven"
 203 Bridge St. Arroyo Grande, CA 93420
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life Happens! All events subject to change! Please RSVP for all outings/events! ☺ <u>Doors close 10 minutes after group begins</u></p>	<p>*Computer Sessions are one on one, hour-long, sessions to learn the computer skill(s) of your choice. If interested please call (805) 489-9659 to secure your spot ☺</p>	<p>1 10-11 Self Help Book: Brene Brown audio & discussion 11-12 Calendar Brainstorm 12-1 Coping w/Depression *1-3 Computer Sessions 1-5 Mediterranean Inspired Cooking Class</p>	<p>2 11-12 Healing with Movement 12-1 Let's Talk about Employment 1-5 Packing up Safe Haven</p>	<p>3 10:30-11 Pit & Peach 11:30-12:30 Superfood Facts 1-4:30 Packing up Safe Haven</p>
<p>6  Safe Haven Under Construction 12-3 Billiards and Pizza (RSVP only)</p>	<p>7  Safe Haven Under Construction 11-3:30 Day in Atascadero -Thrft Store Shopping -Lunch at Sylvester's Burgers -bring money for lunch (RSVP only)</p>	<p>8  Safe Haven Under Construction 12-4 Movie Theater Outing & Movie Discussion Film: <i>Thor: Ragnarok</i> (RSVP only)</p>	<p>9  Safe Haven Under Construction 10-3 TMHA Community Thanksgiving Luncheon (RSVP only)</p>	<p>10 10:30-2:30 Putting Safe Haven Back Together (RSVP only)</p>
<p>13 11:30-12:30 Men's Group 12:30-4 Putting Safe Haven Back Together</p>	<p>14 10-11 Women's Group 11:30-12:30 Poetry w/Anna 1-2 Current Events 2-4 Putting Safe Haven Back Together</p>	<p>15 10-11 Self Help Book: Brene Brown audio & discussion 11-12 Social Hour & Hot Chocolate 12-1 Coping w/Depression *1-3 Computer Sessions 1-3 Tennis Match 3-4 one-on-ones</p>	<p>16 11-12 Laughter Wellness w/Marcia 12-1 Let's Talk about Employment 1-2 Coping with Stigma 2-3 Healing with Movement 3-4 Pit & Peach</p>	<p>17 Center Closed for Staff Training See you Monday ☺</p> <p>Saturday 19 10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>20 10-11 The Listening Well with Zazz Daniel 11:30-12:30 Men's Group 12:30-1:30 Coping with Voices 2-3 For the love of Theater 3-4 Game Hour</p>	<p>21 10-11 Women's Group 11:30-12:30 Poetry w/Anna 1-5 Movie Theater Outing & Movie Discussion Film: <i>Justice League</i> (RSVP only)</p>	<p>22 10-11 Pit & Peach 11-12 Pot Luck Set Up 12-1 Coping w/Depression *1-3 Computer Sessions 1-4 Pot Luck & Honey Roast (Bring a Dish)</p>	<p>23 Center Closed Happy Holiday</p>	<p>24 Center Closed See you Monday</p>
<p>27 10-11 The Listening Well with Zazz Daniel 11-12 Book Club 12:30-1:30 Coping with Voices 1:30-4 Bowling</p>	<p>28 10-11:30 Art Entrepreneur Group w/Deanna 11:30-1:30 Art Therapy 1:30-2:30 Coping with the Holiday Season 3-4 Social Hour</p>	<p>29 10-12 Waffle Bar Breakfast: -Bring a topping -Gluten and Dairy Free options will be available 12-1 Coping w/Depression *1-3 Computer Sessions 1:30-2:30 Seinfeld Appreciation Hour 3-4 Meeting with Ambassadors</p>	<p>30 11-12 Laughter Wellness w/Marcia 12-2 Zumba @ Pismo Beach Athletic Club 2-3 Coping with Stigma 2-4 Essential Oils w/Shayne</p>	<p><u>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</u> (805)489-9659</p>