



April 2017

Arroyo Grande Wellness Center

"Safe Haven"

203 Bridge St. Arroyo Grande, CA 93420

(805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11 Mind-Body-Spirit 11-12 Fire/Earthquake Drill and Vehicle Maintenance 12-4 Movie Theater Outing: "Beauty and the Beast"	4 10:30-11:30 Women's Group 11:30-1 Stamp Art 1-2 Calendar Brainstorming 2-4:30 Cooking Class	5 10-10:30 Morning Meditation 10:30-11:30 Practicing Self-Care 12-1 Coping with Depression 1-3 Computer Sessions* 1:30-3 Thrift Store Shopping 3-4 WSM*: Understanding Positive & Negative Thinking	6 10-11 Men's Group 11:30-12:30 WSM*: Getting to Know Each Other 1-3 Art Therapy 3-4 Let's Talk about Employment	7 9-2 Wild Flowers in Santa Margarita 2-3 Each Mind Matters Planning 3-4 WSM*: Visions of Recovery
10 10-4 MOXI, The Museum of Exploration + Innovation	11 10:30-11:30 Women's Group 12-1 Relaxation & Self-Care w/Sherrie 1-3 Fimo Clay 3:30-4:30 Healthy Boundaries	12 10-12 Bob Jones Trail 12-1 Coping with Depression 1-3 Computer Sessions* 1:30-2:30 Share Your Passion 2:30-3:30 Game Hour 3:30-4 Chair Yoga	13 10-11 Laughter Wellness w/Marcia 11:30-12:30 Building Resiliency 1-3 Art Therapy 3-4 Let's Talk about Employment	14 10-11 Book Club 11-12 Each Mind Matters Planning 12-3 Cooking Class 3-4 WSM*: Exploring Your Personal Goals
17 10-11 Mind-Body-Spirit 11-12 Gardening Group 12-3 Exploring Solvang 3-4 WSM*: Understanding Barriers That Get in The Way of Achieving Goals	18 10:30-11:30 Women's Group 11:30-1 Stamp Art 1-3:30 Taco Tuesday 3:30-4:30 Building Your Social Circle	19 10-10:30 Morning Meditation 10:30-12 Tennis Match 12-1 Coping with Depression 1-3 Computer Sessions* 1-2 Game Hour 2-3 Positive Body / Self-Image 3-4 Hummus @ Jaffa Café	20 10-11 Laughter Wellness w/Marcia 11:30-12:30 Good Attitudes 1-3 Art Therapy 3-4 Let's Talk about Employment	21 10-11 WSM*: Using Strategies to Overcome Barriers That Get in the Way of Achieving Goals 11:30-12:30 Book Club 12:30-1:30 Each Mind Matters Planning 1:30-3 EMM Supply Shopping 3-4
24 10-11 Mind-Body-Spirit 11-12 Gardening Group 12-2 Local Restaurant 2-3 Building Resiliency 3-4 For the Love of Theater	25 10:30-11:30 Women's Group 12-1 Self-Care w/Sherrie 12-3 Boat Tour in Morro Bay 3-4 WSM*: What Helps Recovery 4:45 Chair Yoga	26 10-12 Music & Mandalas @ Avila Beach 12-1 Coping with Depression 1-3 Computer Sessions* 1-3:30 Cooking Class 3:30-4 One on Ones	27 Center Closed for Team Training	28 Center Closed See you on Monday!
	* Wellness Self-Management Series (WSM)	*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 ☺	Life Happens! All events subject to change! Please RSVP for all outings/events! ☺ Doors close 10 minutes after group begins	If you are interested in becoming a member, please give us a call to schedule an appointment and tour.