



Addiction & Mental Wellness Group

The Addiction and Mental Wellness Group focuses on supporting members who have addictive behavior and a mental illness.

Each person will have an opportunity to determine what recovery means to them, to set goals for changing their behavior, and to work on an action plan to reach their goals.

The group is a safe nonjudgmental place to discuss how mental illness and addiction can be managed and behaviors can be changed to improve quality of life.

Hope, Growth, Recovery, and Wellness is Possible!

**Fridays
10-11 am**

Safe Haven
203 Bridge Street
Arroyo Grande
(805) 489-9659

To arrange a tour and meet everyone, please call us at (805) 489-9659



WELLNESS • RECOVERY • RESILIENCE