






APRIL 2019

Helping Hands of Lompoc (805)819-0460 Ext. 153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 GROUPS 10:30-4:00 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery 2:00 TAY Cooking Group 2:45 Crochet Group</p> 	<p>2 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 10:40 Tai Chi 11:30 Walking 4 Wellness 1:00 Community Meeting</p>	<p>3 HOURS 8-4 9:00 Fun w/ Friends 10:30 Google Class 2 of 6 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:00 WRAP (Last Class) 1:30 Art</p>	<p>4 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art</p>	<p>5 HOURS 8-4 9:00 Team Making A Difference 10:00 I Don't Want to Talk About It 11:30 Grupo de Apoyo 11:30 Walking 4 Wellness 2:00 Couponing Group</p>
<p>8 GROUPS 10:30-12:30 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery</p>	<p>9 HOURS 8-4 11:30 Walking 4 Wellness 1:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting</p>	<p>10 HOURS 8-4 9:30ish Farmers Market 10:30 Google Class 3 of 6 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:30 Art</p>	<p>11 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art</p>	<p>12 HOURS 11-7 11:30 Grupo de Apoyo 11:30 Walking 4 Wellness</p> <p>3:30-6:30pm</p> 
<p>15 GROUPS 10:30-4:00 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery 2:00 TAY Cooking Group 2:45 Crochet Group</p> 	<p>16 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting</p>	<p>17 HOURS 9-4 8:00 Leadership Mtg. 9:30 Fun w/ Friends 10:30 Google Class 4 of 6 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:30 Art</p>	<p>18 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art</p>	<p>19 HOURS 8-4 9:00 Team Making A Difference 10:00 I Don't Want to Talk About It NO Hay Grupo de Apoyo 11:30 Walking 4 Wellness</p>
<p>22 GROUPS 10:30-2:30 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery</p>	<p>23 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting</p>	<p>24 HOURS 8-4 9:30ish Farmers Market 10:30 Google Class 5 of 6 10:45ish Nurse Carol 11:30 Walking 4 Wellness 12:30 April Birthdays 1:30 Art</p>	<p>25 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art</p>	<p>26 HOURS 8-4 9:00 Team Making A Difference 10:00 I Don't Want to Talk About It 11:30 Grupo de Apoyo 11:30 Walking 4 Wellness</p>
<p>29 GROUPS 10:30-4:00 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery 2:45 Crochet Group</p> 	<p>30 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting</p>	<p>Be Informed Join us Tuesdays at the H2L Community Mtg 9am or 1pm</p> 	<p>Open Computer Lab Tuesday 9:30am-2:30pm Wednesday 2-3:45pm Thursday 9am-2pm Friday 9am-2pm</p>	<p>Lunch Served @ 12:30pm Tues-Wed-Thurs-Fri (Except 4/10 & 4/24) Sign up by 12pm</p>