


# Safe Haven February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</i>                      (805)489-9659</p>	<p>Life Happens!                      All events subject to change!                      Please RSVP for all outings/events.                      Doors close 10 minutes after group begins.</p>	 <p style="font-size: small;">Presented by Transitions-Mental Health Association</p> <p>Please join us for the Journey of Hope on 2/5                      Featuring Adam Grabowski</p>	<p>Adam's message about finding your voice and understanding that you are not alone leaves audiences feeling empowered and connected through the art of comedy. Spanish translation will be available.</p>	<p>Please Welcome Kolleen to our Safe Haven Family.                      Kolleen is a Trauma Informed Yoga Instructor .                      Classes will help you reconnect to your body, heal your heart, and awaken your soul.</p>	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
<p>10-11 Men's Group                      11:30-12:30 Yoga With Kolleen                      12:30-1 Grub Club                      1-2 Womens Luncheon Prep                      2-4 Sound Bath with Harmonic Prana's Jamie Dubin</p>	<p>10-11 Coping With Bipolar                      11-4 Out and About Lunch and Movie</p>	<p>2-3 Women's Group                      3-4 Listening for the Insights with Zazz Daniel                      4-8 Dinner and Journey of Hope</p>	<p>10-11 Empowerment Collaborative                      11-12 Poetry Collective                      12-1 Yoga With Carol                      1-2 Grub Club                      2-3 Managing Anxiety                      3-4 Music Heals</p>	<p>Safe Haven will be closed for Staff Training</p>	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
<p>10-11 Men's Group                      11:30-12:30 Yoga With Kolleen                      12:30-1 Grub Club                      1-2 Navigating Social Anxiety                      2-4 Womens Luncheon Prep</p>	<p>10-11 Coping With Bipolar                      11-4 Womens Luncheon Set Up</p>	<p>9:00 -11:30 Womens Luncheon set up                      11:30-3 Womens Luncheon hosted by Safe Haven                      3-4 Women's Luncheon Clean Up</p>	<p>10-11 Empowerment Collaborative                      11-12 Poetry Collective                      12-1 Yoga With Carol                      1-2 Grub Club                      2-3 Managing Anxiety                      3-4 Music Heals</p>	<p>10-11 Addiction and Mental Wellness                      11-1 Safe Haven Studio Creative Expression                      1-2 Managing Anger                      2-3 Mindful Meditation</p>	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>10-11 Men's Group                      11:30-12:30 Yoga With Kolleen                      12:30-1 Grub Club                      1-2 Navigating Social Anxiety                      2-3 The Precious Present Moment                      3-4 Safe Haven Ambassador Meeting</p>	<p>10-11 Coping With Bipolar                      11-12 Guided Meditation                      12-2 Taco Tuesday                      2-3 Cleansing Safe Haven                      3-4 Coping With Voices</p>	<p>10-11:30 Women's Group                      11:30-12:30 Listening for the Insights with Zazz Daniel                      12:30-1 Grub Club                      1-2 Coping With Depression                      2-4 Walking for Wellness</p>	<p>Safe Haven Closed</p>	<p>10-11 Addiction and Mental Wellness                      11-1 Safe Haven Studio Creative Expression                      1-2 Managing Anger                      2-3 Mindful Meditation</p>	<p><b>Saturday</b>                      10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
<p>Safe Haven Closed</p>	<p>10-11 Coping With Bipolar                      11-12 Guided Meditation                      12-4 Out and About Lunch and Thrifting</p>	<p>10-11:30 Women's Group                      11:30-12:30 Creative Writing                      12:30-1 Grub Club                      1-2 Coping with Depression                      2-4 Walking for Wellness</p>	<p>10-11 Empowerment Collaborative                      11-12 Poetry Collective                      12-1 Yoga With Carol                      1-2 Grub Club                      2-3 Managing Anxiety                      3-4 Music Heals</p>	<p>10-11 Addiction and Mental Wellness                      11-1 Safe Haven Studio Creative Expression                      1-2 Managing Anger                      2-3 Mindful Meditation</p>	

