

Life House

Atascadero Wellness Center
5850 West Mall Road, Atascadero
805-464-0512



February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1st & 3rd Monday 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>Please call 805-464-0512 to make an appointment to become a member</p>	<p>February is American Heart Health Month</p>	<p>Please Practice Random Acts Of Kindness</p>	<p>February to-do list:</p> <ol style="list-style-type: none"> 1. Love yourself 2. Enjoy wellness 3. Visit the Wellness Center ☺
<p>3</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>4</p> <p>10:00-11:00 Coffee with Friends Earthquake & Fire Drill 11:00-12:00 Managing Anxiety 12:00-3:00 Galaxy Movie Day 2:00-3:00 Voices & Visions Group 3:15-4:00 Zen Coloring</p>	<p>5</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Reiki w/Art Kuhns 12:30-1:30 PTSD Support Group 1:30-2:30 Jewelry Making 3:00-4:00 Dual Recovery</p>	<p>6</p> <p>1:00-2:00 Anger Management 2:00-4:00 March Calendar Planning 4:00-9:00 Journey of Hope @ Cuesta College North Campus</p>	<p>7</p> <p>Center Closed For Staff Training</p>
<p>10</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>11</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00pm Managing Anxiety 12:00-1:00 Guidelines Review 1:00-2:00 Celebrate February Birthdays 2:00-3:00 Voices & Visions Group 3:15-4:00 Zen Coloring</p>	<p>12</p> <p>10:00-11:00 Coffee w/Friends 11:00-4:00 Safe Haven Hosting Women's Luncheon in Arroyo Grande</p>	<p>13</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Collage Art 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</p>	<p>14</p> <p>11:00-12:00 Coffee w/Friends 12:00-2:00 Celebrate Self-Love and Appreciation Activities 3:00-4:00 Music Sharing</p>
<p>17</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>18</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 12:00-1:30pm Jim Green Trail 2:00-3:00 Voices & Visions Group 3:15-4:00 Zen Coloring</p>	<p>19</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Reiki w/Art Kuhns 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>20</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-3:00 Paso Bowl 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</p>	<p>21</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:30 Art Expression 3:00-4:00 Music Sharing</p>
<p>24</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>25</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Managing Anxiety 1:00-2:00pm Jamba Juice Outing 1:00-2:00 Attitude of Gratitude 2:00-3:00 Voices & Visions Group 3:15-4:00 Zen Coloring</p>	<p>26</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>27</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 1:00-2:00 Anger Management 2:00-3:00 Guided Meditation 3:00-4:00 Center Clean-Up</p>	<p>29</p> <p>11:00-2:00 Visit The Elfin Forest 2:00-3:00 Grief Support Group 3:00-4:00 Music Sharing</p>

