



August 2019

Arroyo Grande Wellness Center
 "Safe Haven"
 203 Bridge St. Arroyo Grande, CA 93420
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><u><i>If you are interested in becoming a Safe Haven Member, please give us a call to schedule an appointment and tour. (805)489-9659</i></u></p>	<p><i>Life Happens!</i> <i>All events subject to change!</i> <i>Please RSVP for all outings/events.</i> <i>Doors close 10 minutes after group begins</i></p>		<p>1 10-11 Managing Anxiety 11-12:30 Calendar Brainstorming @ Andreini's Café 12:30-1 Music Heals 1:30-4:30 "Sound Bath" Harmonic Prana with Jamie Dubin</p>	<p>2 Center Closed Staff Training</p>	
<p>5 10-11 Coping with Voices 11-4 Monday Adventures Morro Bay Walk the Rock Browse the Beads Coo at the Otters</p>	<p>6 10-11 Coping with Bipolar 11:30-1 Yoga with Leah 1-3 Taco Tuesday 3-4 Music Heals</p>	<p>7 10-11 Women's Group 11:30-12:30 Listening to the Insights with Zazz Daniel 1-2 Coping with Depression 2-4 Cleansing Safe Haven</p>	<p>8 10-11 Managing Anxiety 11-12 Qi Gong with Lexie 12-2 Yoga With Leah Please join us to Honor Leah's last day with a Honey Roast 2-4 Documentary and Discussion "Brene Brown The Call to Courage"</p>	<p>9 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>	
<p>12 10-11 Coping with Voices 11-4 Monday Adventures Oso Flaco Lake Birdwatching Picnic Hiking</p>	<p>13 10-11 Coping with Bipolar 11:00-12:00 Poetry Collective With Lexie 12:00-1 Let's Do Lunch 1-4 Rancho Bowl That's How We Roll</p>	<p>14 10-11 Women's Group 11:30-3:00 Open Art Studio At TMHA 3-4 Embracing Loneliness</p>	<p>15 10-11 Managing Anxiety 11-12 Qi Gong With Lexie 12-4 Roku Sushi Exploring Grover Beach</p>	<p>16 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>	<p>Saturday 17 10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>19 10-11 Coping with Voices 11-4 Monday Adventures Cambria Moonstone Beach Elephant Seals Beach Combing</p>	<p>20 10-11 Coping with Bipolar 11:00-12:00 Poetry Collective With Lexie 12-1 Let's do Lunch 1-4 "Sound Bath" Harmonic Prana with Jamie Dubin</p>	<p>21 10-11 Women's Group 11:30-12:30 Listening to the Insights with Zazz Daniel 1-2 Coping With Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk</p>	<p>22 10-11 Managing Anxiety 11-12 Qi Gong With Lexie 12-3 Summer Potluck Picnic in the Park 3-4 Pit and Peach</p>	<p>23 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>	
<p>26 10-11 Coping with Voices 11-4 Monday Adventures Out and About Lunch and a Movie</p>	<p>27 10-11 Coping with Bipolar 11:00-12:00 Poetry Collective With Lexie 12-1 Let's Do Lunch 1-3 Documentary and Discussion "Happy" 3-4 Safe Haven Ambassador Meeting</p>	<p>28 10-11 Women's Group 11:30-12:30 Cultivating Self Love 1-2 Coping With Depression 2:00-4:00 Walking for Wellness: Bob Jones Trail</p>	<p>29 10-11 Managing Anxiety 11-12 Qi Gong With Lexie 12-3:30 Sister kitchen Grover Beach Stroll 3:30-4 Mindful Meditation</p>	<p>30 10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Honoring Hannah Please join us for a Honey Roast</p>	