


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Re-Opening Procedures</b> Members & Employees will be required to wash/sanitize their hands, wear a mask, and follow social distancing guidelines. Anyone who has experienced recent symptoms of Covid-19 will be asked to leave.	<b>Re-Opening Procedures</b> Members and Employees will be required to follow social distancing guidelines while at the Center. Please call 805-464-0512 for login information or to sign up as a new member.	<b>1</b> <u>VIRTUAL GROUPS</u> 12:00-1:00 pm Gettin' Organized 2:30-3:30 pm Grief Support	<b>2</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety	<b>3</b> <u>Center is closed</u> Have a great Independence Day! 
<b>6</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00pm NAMI Family Support	<b>7</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group	<b>8</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm Reiki 12:00-1:00 pm Gettin' Organized 2:30-3:30 pm Grief Support	<b>9</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm Anger Management 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety	<b>10</b> <u>VIRTUAL GROUPS</u> 12:00-1:00 pm One 2 One ZOOM Meetings 1:30-2:30pm 'Lift Now' Support
<b>13</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule	<b>14</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group Peer Advocacy & Advisory Team Meeting – 4:00-5:30pm	<b>15</b> <u>VIRTUAL GROUPS</u> 12:00-1:00 pm Gettin' Organized 2:30-3:30 pm Grief Support	<b>16</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety	<b>17</b> <u>VIRTUAL GROUPS</u> 12:00-1:00 pm One 2 One ZOOM Meetings 1:30-2:30pm 'Lift Now' Support
<b>20</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00pm NAMI Family Support	<b>21</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group	<b>22</b> <u>VIRTUAL GROUPS</u> 10:00-11:00am Good Attitudes 11:00-12:00 pm Reiki 12:00-1:00 pm Gettin' Organized 2:30-3:30 pm Grief Support	<b>23</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm Anger Management 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety	<b>24</b> <u>VIRTUAL GROUPS</u> 10:-11:00am Good Attitudes 12:00-1:00 pm One 2 One ZOOM Meetings 1:30-2:30pm 'Lift Now' Support
<b>27</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule	<b>28</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group Peer Advocacy & Advisory Team Meeting – 4:00-5:30pm	<b>29</b> <u>VIRTUAL GROUPS</u> 10:00-11:00am Good Attitudes 12:00-1:00 pm Gettin' Organized 2:30-3:30 pm Grief Support	<b>30</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety	<b>31</b> <u>VIRTUAL GROUPS</u> 10:-11:00am Good Attitudes 12:00-1:00 pm One 2 One ZOOM Meetings 1:30-2:30pm 'Lift Now' Support