


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Re-Opening Procedures</b> Members &amp; 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.</p>	<p>Virtual and In-Person groups are available to Wellness Center Members only. Please call for login information or to sign up as a new member. <b>(805) 541-6813</b></p>	<p><b>1</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat &amp; Chew (Bring lunch and hang out) 2:30-3:30 Artistic Expressions (Bring paper and other materials)</p>	<p><b>2</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group</p>	<p><b>3</b>  <b>CENTERS CLOSED</b></p>
<p><b>6</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing <b>3-4 Bipolar Support Group</b></p>	<p><b>7</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence <b>2:30-3:30 Poetry Group</b></p>	<p><b>8</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat &amp; Chew (Bring lunch and hang out) 2:30-3:30 Artistic Expressions (Bring paper and other materials)</p>	<p><b>9</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group</p>	<p><b>10</b> VIRTUAL GROUPS 9-11 Staff Training 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! <b>3-4 Dual Recovery Anon.</b></p>
<p><b>13</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing <b>3-4 OCD Group</b></p>	<p><b>14</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence <b>2:30-3:30 Writer's Workshop</b></p>	<p><b>15</b> VIRTUAL GROUPS 9-11 Staff Training 11:30-12:30 Chat &amp; Chew (Bring lunch and hang out) 2:30-3:30 Artistic Expressions (Bring paper and other materials)</p>	<p><b>16</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group</p>	<p><b>17</b> VIRTUAL GROUPS 9-11 Staff Training 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! <b>3-4 Dual Recovery Anon.</b></p>
<p><b>20</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing <b>3-4 Regulating Emotions</b></p>	<p><b>21</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence <b>2:30-3:30 Poetry Group</b></p>	<p><b>22</b> VIRTUAL GROUPS <b>10-11 Good Attitudes (1 of 4, RSVP)</b> 11:30-12:30 Chat &amp; Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p><b>23</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group</p>	<p><b>24</b> VIRTUAL GROUPS <b>10-11 Good Attitudes (2 of 4, RSVP)</b> 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! <b>3-4 Dual Recovery Anon.</b></p>
<p><b>27</b> VIRTUAL GROUPS 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing <b>3-4 LGBTQIA+ Living Well</b></p>	<p><b>28</b> VIRTUAL GROUPS 11-12:30 Voices and Visions 1-2 Building Confidence <b>2:30-3:30 Writer's Workshop</b></p>	<p><b>29</b> VIRTUAL GROUPS <b>10-11 Good Attitudes (1 of 4, RSVP)</b> 11:30-12:30 Chat &amp; Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p><b>30</b> VIRTUAL GROUPS 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group</p>	<p><b>31</b> VIRTUAL GROUPS <b>10-11 Good Attitudes (4 of 4, RSVP)</b> H12-1:15 Facing Challenge Together 1:30-2:30 Game Time! <b>3-4 Dual Recovery Anon.</b></p>