



# Safe Haven July 2020

Arroyo Grande Wellness Center  
"Safe Haven"  
203 Bridge St. Arroyo Grande, CA  
93420

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Currently, all groups offered are Virtual only</b> Please call for login information or to sign up as a new member. <b>(805)489-9659</b></p>	<p><b>Members and Employees are required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</b></p>	<p><b>1</b> All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping wih Depression and Anxiety 2-3 One on Ones</p>	<p><b>2</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share</p>	<p><b>3</b> Safe Haven will be closed today. Enjoy your Holiday Weekend!</p>	
<p><b>6</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Reslience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin</p>	<p><b>7</b> All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p><b>8</b> All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping wih Depression and Anxiety 2-3 Listening for the Gifts with Zazz Daniel</p>	<p><b>9</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share</p>	<p><b>10</b> All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	
<p><b>13</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Reslience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement</p>	<p><b>14</b> All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p><b>15</b> All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping wih Depression and Anxiety 2-3 One on Ones</p>	<p><b>16</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share</p>	<p><b>17</b> All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	<p><b>Sat 18</b> Come join us on Monday for a Sound Bath</p>
<p><b>20</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Reslience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Prana</p>	<p><b>21</b> All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p><b>22</b> All Groups will be Virtual</p> <p>10-11 Good Attitudes w/ Victoria Meredith: <b>RSVP</b> 12-1 Coping wih Depression and Anxiety 2-3 Listening for the Gifts with Zazz Daniel</p>	<p><b>23</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share</p>	<p><b>24</b> All Groups will be Virtual</p> <p>10-11 Good Attitudes w/ Victoria Meredith: <b>RSVP</b> 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	
<p><b>27</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Reslience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement</p>	<p><b>28</b> All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p><b>29</b> All Groups will be Virtual</p> <p>10-11 Good Attitudes w/ Victoria Meredith: <b>RSVP</b> 12-1 Coping wih Depression and Anxiety 2-3 One on Ones</p>	<p><b>30</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation 2-3 Show and Share</p>	<p><b>31</b> All Groups will be Virtual</p> <p>10-11 Good Attitudes w/ Victoria Meredith: <b>RSVP</b> 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	