



# Safe Haven December 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*WALKING &amp; TALKING GROUP ON THURSDAYS MEET @ PARKING LOT AT THE END OF GRAND AVE IN GROVER BEACH QUESTIONS CONTACT TONY CLEMENTI (805) 459-1726</p>	<p><b>VIRTUAL GROUPS (V)</b> PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p> <p><b>Outside In Person (OIP)</b> For In Person Groups, please present proof of vaccination or a negative COVID-19 test from no longer than 7 days prior to attending the group.</p>	<p>Members and Employees are required to wear masks and follow social distancing guidelines while at the center.</p> <p>Anyone who has experienced recent symptoms of COVID-19 illness will be able to participate via zoom.</p>	<p><b>1</b></p> <p>10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brené Brown (V) 12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>2</b></p> <p>SAFE HAVEN CLOSED Holiday Prep</p>	<p><b>3</b></p> <p>10-11 Journaling (V) 3-4 Dual Recovery Anon. (V)</p>
<p><b>5</b></p> <p>10:15-11:30 Andreini's Café (OIP) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p><b>6</b></p> <p>SAFE HAVEN CLOSED Holiday Prep "Kindness is like snow, it beautifies all it covers." -Kahlil Gibran</p>	<p><b>7</b></p> <p>11:30-3:30 Holiday Festivities 2021 Deliveries</p>	<p><b>8</b></p> <p>11:30-3:30 Holiday Festivities 2021 Pick-Up @ Safe Haven</p>	<p><b>9</b></p> <p>11:30-3:30 Holiday Festivities 2021 Pick-Up @ Safe Haven</p>	<p><b>10</b></p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>12</b></p> <p>10:15-11:30 Andreini's Café (OIP) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p><b>13</b></p> <p>9:30-11 Men's Support Group (V) 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>14</b></p> <p>10-11 Memoir Group (V) 12-1 Podcast "Complex Trauma Recovery" (V) 1-2 Navigating Social Anxiety (V) 2:30-3:30 Grounding and Mindfulness (V)</p>	<p><b>15</b></p> <p>10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brené Brown (V) 12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>16</b></p> <p>11-12 *Walking and Talking w/ Tony 12:30-1:30 Guided Meditation (V) 2-3 Cultivating Self Love and Compassion (V) 3-4 Young Adult Group (V)</p>	<p><b>17</b></p> <p>10-11 Journaling (V) 3-4 Dual Recovery Anon. (V)</p>
<p><b>19</b></p> <p>10:15-11:30 Andreini's Café (OIP) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p><b>20</b></p> <p>9:30-11 Men's Support Group (V) 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>21</b></p> <p>10-11 Memoir Group (V) 1-2 Navigating Social Anxiety (V)</p>	<p><b>22</b></p> <p>10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brené Brown (V) 12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>23</b></p> <p>11-12 *Walking and Talking w/ Tony 12:30-1:30 Guided Meditation (V) 2-3 Cultivating Self Love and Compassion (V) 3-4 Young Adult Group (V)</p>	<p><b>24</b></p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>26</b></p> <p>SAFE HAVEN CLOSED</p>	<p><b>27</b></p> <p>9:30-11 Men's Support Group (V) 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>28</b></p> <p>10-11 Memoir Group (V) 12-1 Podcast "Complex Trauma Recovery" (V) 1-2 Navigating Social Anxiety (V) 2:30-3:30 Grounding and Mindfulness (V)</p>	<p><b>29</b></p> <p>10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brené Brown (V) 12:30-1:30 Yoga for Mental Wellness w/Kolleen (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>30</b></p> <p>10-11 Coping with Loss (V) 11-12 *Walking and Talking w/ Tony 12:30-1:30 Guided Meditation (V) 2-3 Cultivating Self Love and Compassion (V) 3-4 Young Adult Group (V)</p>	<p><b>31</b></p> <p>10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6:30pm-8:00pm New Year's Eve Music Sharing and Open Mic(V)</p>