

WELLNESS CENTER OPEN HOUSES 2018

May is Mental Health Awareness Month

Please join us in celebrating!



ATASCADERO

May 9th
11-2pm

“Life House”
5850 W Mall, Atascadero

- Lunch & Refreshments
Luau Style
- Life House tour!
- Learn about TMHA
resources
- Meet our members!

For more information please contact
Life House 805-464-0512

SAN LUIS

OBISPO
May 23rd
1-5pm

“Hope House”
1306 Nipomo St, SLO

- Meet our members!
- Wellness and Self Care
Activities
- Make your own DIY sleep
spray
- Healthy Food Provided
- Hope house tour!

For more information please contact
Hope House 805-541-6813

ARROYO

GRANDE
May 30th
12-3pm

“Safe Haven”
203 Bridge St, Arroyo Grande

- Celebration of Qualities with
Zazz Daniel
- Serenity Stones & Do Send A
Card
- Live Music by Harpist Shelley
Davis
- Come for a scoop of Ice Cream
donated by Doc Burnstein’s

For more information please contact Safe
Haven 805-489-9659



*In Support of Each Mind Matters,
California's Mental Health Movement*