

# February 2019



WELLNESS • RECOVERY • RESILIENCE



Transitions-Mental Health Association

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monday Evening Support Group</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Monday Life House 6:30-8:00 NAMI Family To Family Evening Support Group 2<sup>nd</sup> Monday Life House Evening Book Club 6:30-8:00pm Family Love Connection A book Club for family members who struggle with mental health</p>	<p><b>Life Happens</b> Some Events/Activities are subject to Change <b>Life House locks it doors 10 minutes after group/activity begins.</b></p>	<p><b>Veterans Evening Support Group</b>  Each Wednesday 6:00pm-7:30pm</p>		<p><b>1</b> 11:00-12:00 Coffee w/Friends 11:00-12:30 Parenting Support Group 1:00-2:00 Women's Group 2:30-3:30 March Calendar Planning 3:30-4:00 Office Hour</p>
<p><b>4</b> <b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Unit 6  1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p><b>5</b> 10:00-11:00 Coffee w/Friends Earthquake &amp; Fire Drill 11:00-12:00 Celebrate February Birthdays 12:30-3:30 Galaxy Movie Day 3:30-4:00 Office Hour</p>	<p><b>6</b> 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery  <b>Journey of Hope</b> 5pm – 9pm</p>	<p><b>7</b> 10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong w/Nancy 1:30-2:30 Art Group 2:30-3:30 Music Sharing 3:30-4:00 Office Hour</p>	<p><b>8</b> 11:00-12:00 Coffee w/Friends 11:00-12:30 Parenting Support Group 1:00-2:00 Women's Group 2:30-3:30 Sharing Wellness in Nature 3:30-4:00 Office Hour</p>
<p><b>11</b> <b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Unit 6  1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p><b>12</b> 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Attitude of Gratitude 2:00-3:00 Coping with Anxiety 3:30-4:00 Office Hour</p>	<p><b>13</b> 10:00-11:00 Lift Now Support Group 11:30-12:00 Beginning Crochet 12:00-1:00 Jewelry making 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p>	<p><b>14</b> 10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong w/Nancy 1:30-3:00 Art Group Valentine Cards 3:30-4:00 Office Hour</p>	<p><b>15</b> 11:00-12:00 Coffee w/Friends 11:00-12:30 Parenting Support Group 11:30-3:00 Valentine's Celebration @ Safe Haven 3:00-4:00 Office Hour</p>
<p><b>18</b> <b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Unit 6  1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p><b>19</b> 10:00-11:00 Coffee w/Friends 11:00-2:30 Visit Elephant Seals 3:30-4:00 Office Hour</p>	<p><b>20</b> 10:00-11:00 Lift Now Support Group 11:00-12:00 Music Group w/Sophie Emmons 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p>	<p><b>21</b> 10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-3:00 Paso Bowl 3:30-4:00 Office Hour</p>	<p><b>22</b> 11:00-12:00 Coffee w/Friends 11:00-12:30 Parenting Support Group 1:00-2:00 Women's Group 2:00-3:00 Hospice Grief Support 3:30-4:00 Office Hour</p>
<p><b>25</b> <b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Unit 6  1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p><b>26</b> 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:00-3:30 Open Art Studio 3:30-4:00 Office Hour</p>	<p><b>27</b> 10:00-11:00 Lift Now Support Group 11:00-2:00 Ambassador Training(SLO) 11:00-12:00 Morning Meditation 12:00-1:00 Beginning Crochet 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p>	<p><b>28</b> 10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 1:30-3:30 Mindfulness &amp; Meditation @ Community Center 3:30-4:00 Office Hour</p>	