



FEBRUARY 2019 Helping Hands of Lompoc (805)819-0460 Ext. 153

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi w/ Yuka Tuesday Feb. 5th @ 10:40am	MHSA Stakeholders Mtg Tuesday Feb. 12th 5:30-7pm	Basic Computer Class Every Wednesday @ 1pm	 Sunday Feb. 3rd @ 3pm	1 HOURS 8-4 9:00 Fun w/ Friends 10:00 I Don't Want to Talk About It 11:30 Grupo de Apoyo
4 GROUPS 10:30-2:30 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery 2:00 TAY Cooking Group	5 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Healing Words	6 HOURS 8-4 9:00 Fun w/ Friends 10:30 Powerpoint 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:30 Art	7 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art (NEW)	8 HOURS 8-4 9:00 Fun w/ Friends 10:00 BINGO FRENZY 11:30 Grupo de Apoyo 2:00 Couponing (NEW) 
11 GROUPS 10:30-1:00 10:45 Fellowship 12:00 Voice Hearers Support NO Pathways to Recovery	12 HOURS 11-7 11:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Healing Words 5:30-7 MHSA Stakeholders Mtg	13 HOURS 8-4 9:30ish Farmers Market 10:30 Excel Class (NEW) 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:00 WRAP (NEW) 1:30 Art	14 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art (NEW)	15 HOURS 8-4 9:00 Fun w/ Friends 10:00 I Don't Want to Talk About It 11:30 Grupo de Apoyo 2:00 Couponing (NEW)
18 GROUPS 10:30-2:30 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery	19 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Healing Words	20 HOURS 9-4 9:00 Fun w/ Friends 10:30 Excel Class (NEW) 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:00 WRAP (NEW) 1:30 Art	21 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art (NEW)	22 HOURS 8-4 9:00 Fun w/ Friends 10:00 I Don't Want to Talk About It No Grupo de Apoyo 2:00 Couponing (NEW)
25 GROUPS 10:30-2:30 10:45 Fellowship 12:00 Voice Hearers Support 1:15 Pathways to Recovery 2:00 TAY Cooking Group	26 HOURS 8-4 8:30 Morning Mindfulness 9:00 Community Meeting 9:30 Fun w/ Friends 11:30 Walking 4 Wellness 1:00 Community Meeting 2:00 Healing Words	27 HOURS 8-4 9:30ish Farmers Market 10:30 Excel Class (NEW) 10:45ish Nurse Carol 11:30 Walking 4 Wellness 1:00 WRAP (NEW) 1:30 Art	28 HOURS 8-4 8:30 Morning Mindfulness 9:00 Fun w/ Friends 10:30 Highly Sensitive People 11:30 Walking 4 Wellness 1:00 Dual Diagnosis 2:00 Guided Art (NEW)	29 HOURS 8-4 9:00 Fun w/ Friends 10:00 I Don't Want to Talk About It 11:30 Grupo de Apoyo 2:00 Couponing (NEW)
Farmers' Market 2/13 & 2/27	Computer Lab Open 9:30-2:30	Computer Lab Open 1-4pm	Computer Lab Open 9-2	