



# Safe Haven April 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>MEMBERS &amp; EMPLOYEES WILL BE REQUIRED TO WASH/SANITIZE THEIR HANDS, WEAR A MASK AND PRACTICE SOCIAL DISTANCING. ANYONE WHO HAS EXPERIENCED RECENT SYMPTOMS OF COVID-19 CAN PARTICIPATE VIA ZOOM.</p>	<p><b>VIRTUAL GROUPS (V)</b> PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659 <b>OUTSIDE IN PERSON (OIP) &amp; IN PERSON (IP) FOR IN PERSON GROUPS,</b> PLEASE PRESENT PROOF OF FULL COVID-19 VACCINATION OR A NEGATIVE COVID-19 TEST FROM NO LONGER THAN 72 HOURS PRIOR TO ATTENDING THE GROUP.</p>	<p>SAVE THE DATE! CELEBRATE MENTAL HEALTH AWARENESS MONTH WITH SAFE HAVEN AT OUR OPEN HOUSE MAY 26TH</p>	<p>"IT'S THE IMPERFECTIONS THAT MAKE SOMETHING BEAUTIFUL. THAT'S WHAT MAKES IT DIFFERENT AND UNIQUE FROM EVERYTHING ELSE."  -BOB ROSS</p>	<p>JOIN OUR SUICIDE PREVENTION DISCUSSION TUESDAY THE 5<sup>TH</sup> AND LEARN HOW YOU CAN HELP YOURSELF AND OTHERS.</p>	<p>1  10-11 Journaling (V)  3-4 Dual Recovery Anon. (V)</p>
<p>3  1-2 Coping w/ Depression and Anxiety (V) 3-7 Live Performance @ Cuesta College w/ Maestro Michael Nowak &amp; Orchestra Novo: Please Call to RSVP (IP)</p>	<p>4  10-11 Anger Management Support (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p>	<p>5  10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-1 Suicide Awareness Talk w/ Victoria! (V) 1:30-3:30 Talks on Trauma: Relationships as Mirrors of our Trauma w/ Ester Perel (V)</p>	<p>6  2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>7  SAFE HAVEN CLOSED</p>	<p>8  3-4 Dual Recovery Anon. (V)  3-4:30 PAAT Meeting: Supported Employment Presentation (V)</p>
<p>10  1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>11  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 (V)</p>	<p>12  10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p>	<p>13  10-11:15 Book Club: "What Happened to You?" by Bruce Perry &amp; Oprah Winfrey (V) 11:30-12:30 Journaling (V) 12:30-1:30 Grief Yoga w/ Kolleen(V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>14  10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art &amp; Tea (IP) 3-4 Earthing (OIP)</p>	<p>15  10-11 Journaling (V)  3-4 Dual Recovery Anon. (V)</p>
<p>17  10-11 Walking Group (OIP) 11-12 Andreini's Café (OIP) 1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>18  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) 5:30-6:30 Support for Suicide-Attempt Survivors (V)</p>	<p>19  10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 1:30-3:30 Talks on Trauma: Trauma and the Somatic Connection with Peter A Levine (V)</p>	<p>20  10-11:15 Book Club: "What Happened to You?" by Bruce Perry &amp; Oprah Winfrey (V) 11:30-12:30 Journaling (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>21  10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art &amp; Tea (IP) 3-4 Earthing (OIP)</p>	<p>22  10-11 Journaling (V)  3-4 Dual Recovery Anon. (V)</p>
<p>24  10-11 Walking Group (OIP) 11-12 Andreini's Café (OIP) 1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>25  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) 5:30-6:30 Support for Suicide-Attempt Survivors (V)</p>	<p>26  10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: MetaMusic Journey: an Immersive Sound Experience w/ Laura Inserra (V)</p>	<p>27  10-11:15 Book Club: "What Happened to You?" by Bruce Perry &amp; Oprah Winfrey (V) 11:30-12:30 Journaling (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>28  SAFE HAVEN CLOSED</p>	<p>29  10-11 Journaling (V)  3-4 Dual Recovery Anon. (V)</p>