






February 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>"We do not need magic to transform our world. We carry all the power we need inside ourselves already." -J.K. Rowling</p>	<p>If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. <u>Doors close 10 minutes after group begins</u></p>	<p>Ask about our Project Give of this month: The Morph Project www.themorphproject.com</p>	<p>1 11-2 Grover Beach Walk and Picnic 2-3 Practicing Self-Love</p>
<p>4 10-11 Coping with Voices <u>11:30-12:30 Listening for Insights with Zazz Daniel</u> 12:30-4 Shopping for Valentine's Day Party</p>	<p>5 10-11 Men's Group 11:30-12:30 Coping with Anxiety 1-2 French Press & Calendar Brainstorm 2-3 AG Village Walk 3-4 Inhale Peace, Exhale Harmony</p>	<p>6 2:30-4 Music and Mandalas 4-5:30 Starbucks 5:30-8:30 Journey of Hope Featuring Keynote: Eleanore Longden</p>	<p>7 10-11 Combating Loneliness 11-12 Let's do Lunch 12-1 Yoga 1:30-2:30 Coping with Stigma 3-4 Game Hour</p>	<p>8 11-12:30 The Real Deal 1-2 Coping with Bipolar Disorder 2-3 Mindful Meditation</p>
<p>11 10-4 Day in SLO: <i>Central Coast Archery</i> Picnic at the Mission We Olive and Mama Ganash</p>	<p>12 10-4 Botanical Gardens, Cal Poly Arboretum, walk and Picnic. Bring your lunch ☺</p>	<p>13 10-11 Women's Group 11-12:30 Shopping for Cooking Class 1-2 Coping with Depression 2-4 Cooking Class: Salmon and Veggies</p>	<p>14 10-11 The Financial Diet 11-12 Let's do Lunch 12-1 Yoga <i>1-4 Baking Heart Shaped Cookies</i></p>	<p>15 11-12 Set-Up 12-2 Valentine's Day Party 2-3 Clean Up</p> <p>Saturday 16 10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>18 10-11 Coping with Voices <u>11:30-12:30 Listening for Insights with Zazz Daniel</u> 1-4 Ross and Taco Bell</p>	<p>19  10-11 Get Sorted! Which House are you a part of: Gryffindor, Slytherin, Hufflepuff, or Ravenclaw?  11:30-4 Harry Potter Film Popcorn + Making the Hogsmeade Specialty Drink</p>	<p>20 10-11 Women's Group 11:30-12:30 Beading 1-2 Coping with Depression 2-4 Old West Cinnamon Rolls + walk around Pismo</p>	<p>21 10-11 Combating Loneliness 11-12 Let's do Lunch 12-1 Yoga 1-4 Bowling</p>	<p>22 11-12 Pit & Peach 12-1 Cafe Andreini 1-2 Coping with Bipolar Disorder 2-3 The Morph Project Presentation</p>
<p>25 10-11 Coping with Voices 11-4 Morro Bay and Los Osos Farmer's Market</p>	<p>26 10-11 Men's Group 11-12 Coping with Anxiety 12-3 Open Art Studio 3-4 Inhale Peace, Exhale Harmony</p>	<p>27 10-11 Women's Group 11-12 Share the Music w/Sophie Emmons 11-12 Let's Do Lunch 1-2 Coping with Depression 2-4 Pismo Pier 11:30-1:30 Ambassador Training</p>	<p>28 10-11 The Financial Diet 11-12 Jamba Juice w/Joe 12-1 Yoga 1:30-4 Music and Mandalas at the Beach</p>	