

**513 NORTH G STREET
LOMPOC.CA 93436
(805)819-0460 EXT :153**

June 2025

Helping Hands of Lompoc Wellness Center



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 FAMILY SERVICES Please Contact Jasmine (805)458-5487</p> <p>9 FAMILY SERVICES </p> <p>16 FAMILY SERVICES</p> <p>23 FAMILY SERVICES </p> <p>30 FAMILY SERVICES</p>	<p>3 The Center Hours 8-4 10am Spirituality Group 11am Community Mtg 12 Walking 4 Wellness</p> <p>10 Center Hours 8-4 11am Community Mtg Brown Bag Lunch 12-2 Must RSVP</p> <p>17 Center Hours 8-1 10am Creative Ventures 11am Community Mtg 12 Walking 4 Wellness</p> <p>24 Center Hours 8-4 11am Community Mtg Hot Dog Luncheon 12-2 Must RSVP</p> <p>8-10 Breakfast & Coffee Daily Tue-Friday </p>	<p>4 Center Hours 8-2:45 9:30 Anxiety & Depression 10:45 Nurse 12 Vision in Action </p> <p>11 Center Hours 8-2:45 10:45 Nurse 12 Introverts Gather</p> <p>18 Center Hours 8-2:45 10:45 Nurse 12pm The Gathering Table</p> <p>25 Center Hours 8-2:45 10:45 Nurse 12 Introverts Gather</p> <p>The Center Hours, Groups and Activities are Subject to change Green: Outdoors Purple: Groups</p>	<p>5 Center Hours 8-4 9am Life Recovery 11am Expressive Grounds 1pm V Anonymous Group</p> <p>12 Center Hours 8-4 9am Life Recovery 11am Whole Health and Foodbank 1pm V Anonymous Group</p> <p>19 Center Hours 12-2pm 12-2pm Hot Luncheon Must RSVP </p> <p>26 Center Hours 8-4 9am Life Recovery 11am Whole Health and Foodbank 1pm V Anonymous Group</p> <p></p>	<p>6 Center Hours 8-4 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)</p> <p>13 Center Hours 8-4 9am Women's Group 10am What's Eating You 11am NoonTime AA (S.M)</p> <p>20 Center Hours 8-4 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)</p> <p>27 Center Hours 8-4 9am Women's Group 11 am—2pm Lompoc Flower Festival </p>	<p>7 Open for Event Santa Barbara Zoo Must RSVP & Bring \$</p> <p>10-3pm </p> <p>14 CLOSED</p> <p>21 CLOSED </p> <p>28 CLOSED</p>