

Helping Hands of Lompoc Wellness Center
513 NORTH G STREET
LOMPOC CA 93436
(805)819-0460 EXT :153

August 2025



Mon	Tue	Wed	Thu	Fri	Sat
<p>If You are Interested in becoming a member, please call to schedule an orientation.</p>		<p>Center Hours, Activities, and Events are Subject to Change.</p>	<p>Breakfast & Coffee Daily Tue-Friday </p> <p>Green: Outdoors Purple: Groups</p>	<p>1 Center Hours 8-2</p> <p>9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)</p>	<p>2 Open for Event 10-2pm Movie Theatre Must RSVP & Bring \$</p>
<p>4 FAMILY SERVICES</p> <p>Please Contact Jasmine @ (805) 458-5487</p>	<p>5 Center Hours 9-2 11am Community Mtg</p>	<p>6 Center Hours 9-1 9am Men's Group 10:45am Outreach Nurse</p>	<p>7 Center Hours 9-2 9am Life Recovery</p>	<p>8 Center Hours 9-2</p> <p>10am What's Eating You 11am NoonTime AA (S.M)</p>	<p>9 CLOSED</p>
<p>11 FAMILY SERVICES</p>	<p>12 Center Hours 8-2 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Friday, August 8th</p>	<p>13 Center Hours 8-1 </p> <p>9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group</p>	<p>14 Center Hours 8-2 9am Life Recovery 11am Whole Health and Foodbank</p>	<p>15 Center Hours 8-2 10-1pm West Coast Cub & Antique Fly-in Must RSVP</p>	<p>16 Open for Event 10-2pm Beach Day Must RSVP</p>
<p>18 FAMILY SERVICES</p>	<p>19 Center Hours 8-2 9am Walking 4 Wellness 11am Community Mtg 12pm Creative Ventures</p>	<p>20 Center Hours 8-1 9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety &</p>	<p>21 Center Hours 8-2 9am Life Recovery 11am Expressive Grounds</p>	<p>22 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime AA (S.M)</p>	<p>23 CLOSED</p>
<p>25 FAMILY SERVICES</p>	<p>26 Center Hours 8-2 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Friday, August 22th</p>	<p>27 Center Hours 8-1 9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group</p>	<p>28 Center Hours 8-2 9am Life Recovery 11am Whole Health and Foodbank</p>	<p>29 Center Hours 8-2 10am What's Eating You 11am NoonTime NA (S.M)</p>	<p>30 CLOSED</p>