

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



August 2026

Mon	Tue	Wed	Thu	Fri
3 FAMILY SERVICES	4 Center Hours 8-2 10am Creative Ventures 11am Community Mtg 	5 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking for Wellness	6 Center Hours 8-2 11-12:30pm Whole Health & Foodbank 	7 Center Hours 8-2 9am Women's Group 10:30am Dual Diagnosis
10 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487	11 Center Hours 8-2 10am Creative Ventures 11am Community Mtg 12 pm Bag Lunch—RSVP by Friday, August 6, 2026	12 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking for Wellness	13 Center Hours 8-2 11am Baking Class: Peach Cobbler Must RSVP by Tuesday, August 11, 2026	14 Center Hours 8-2 9am Women's Group 10:30am Dual Diagnosis
17 FAMILY SERVICES	18 Center Hours 8-2 10am Creative Ventures 11am Community Mtg & Calendar Planning 	19 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking for Wellness	20 Center Hours 8-2 11-12:30pm Whole Health & Foodbank 	21 Open For Event Only 12-3pm Unity Summer BBQ @ Santa Maria Waller Park— Must RSVP to attend! 
24 FAMILY SERVICES	25 Center Hours 8-2 10am Creative Ventures 11am Community Mtg 12 pm Bag Lunch-RSVP by Friday, August 21, 2026	26 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15 am Walking for Wellness	27 Center Hours 8-2 9-11am Cooking Class: Fish / Chicken and Chips Must RSVP by Tuesday, August 25, 2026	28 Center Hours 8-2 9am Women's Group 10:30am Dual Diagnosis
31 FAMILY SERVICES 	If You are Interested in becoming a member, please call to schedule an orientation.		Breakfast & Coffee Daily Tue-Friday Green: Outdoors Groups Purple: Indoor Groups Dark Blue: Monthly Groups 	Center Hours, Activities, and Events are Subject to Change. Thank you!