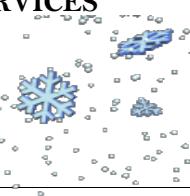
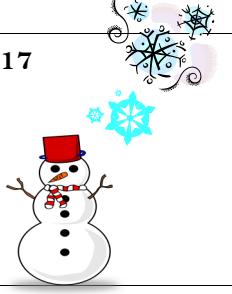




January 2026

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change.	Breakfast & Coffee Daily Tue-Friday Green: Outdoor Activities Purple: Indoor Groups Blue: Monthly Groups	If You are Interested in becoming a member, please call to schedule an orientation.	1 CENTER CLOSED 	2 Center Hours 8-2 9am Women's Group 10am What's Eating You	3 
5 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487	6 Center Hours 8-2 9am Men's Group 11am Community Mtg 12pm Creative Ventures	7 Center Hours 8-1 9:30am Walking 4 Wellness 10:45am Outreach Nurse 11am Anxiety & Depression 12pm Film Appreciation	8 Center Hours 8-2 9:30am Life Recovery 11-12:30pm Whole Health & Foodbank	9 Center Hours 8-2 9am Women's Group 10am Dual Diagnosis 11am NoonTime NA	10 Open 4 Event 10-1:30pm Art Show in Lompoc
12 FAMILY SERVICES 	13 Center Hours 8-2 9am Men's Group 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Friday, Jan. 9th	14 Center Hours 8-1 9:30am Walking 4 Wellness 10:45am Outreach Nurse 11am Anxiety & Depression	15 Center Hours 8-2 No Life Recovery 11am Cooking Class: Baked Chicken—Must RSVP!	16 Center Hours 8-1 10-1pm Birthday Celebrations & BINGO 4 Prizes	17 
19 FAMILY SERVICES 	20 Center Hours 8-2 9am Men's Group 11am Community Mtg 12pm Card Making	21 Center Hours 8-1 9:30am Walking 4 Wellness 10:45am Outreach Nurse 11am Anxiety & Depression 12pm Film Appreciation	22 Center Hours 8-2 9:30am Life Recovery 11-12:30pm Whole Health and Foodbank	23 Center Hours 8-2 9am Women's Group 10am Dual Diagnosis 11am NoonTime NA	24 
26 FAMILY SERVICES 	27 Center Hours 8-2 9am Men's Group 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Friday, Jan 23rd	28 Center Hours 8-1 9:30am Walking 4 Wellness 10:45am Outreach Nurse 11am Anxiety & Depression 12pm Film Appreciation	29 Center Hours 8-2 9am Life Recovery 11am Baking Class: Monkey Bread—Must RSVP!	30 Center Hours 8-2 9am Women's Group 10am Dual Diagnosis 11am NoonTime NA	31  Transitions-Mental Health Association