












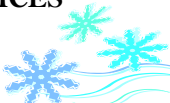










Helping Hands of Lompoc Wellness Center
 513 NORTH G STREET
 LOMPOC.CA 93436
 (805)819-0460 EXT 153



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 