



December 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 FAMILY SERVICES Please Contact Jasmine @</p> 	<p>2 Center Hours 12-7:30pm 12pm Community Meeting 2pm Men's Group 5:30-7:30pm Virtual BHSA Meeting— RSVP!</p>	<p>3 Center Hours 8-1 9am Walking 4 Wellness 10am Ornament Making 10:45am Outreach Nurse 11am Anxiety & Depression</p> 	<p>4 Center Hours 8-2 9:30am Life Recovery 11-12:30pm Whole Health and Foodbank</p>	<p>5 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am Tree Decorating</p> 	<p>6 Open 4 Event 10-2pm Julefest Parade in Solvang— Must RSVP!</p> 
<p>8 FAMILY SERVICES</p> 	<p>9 Center Hours 8-2 9am Men's Group 11am Community Mtg 12pm Brown Bag Lunch Must RSVP by Dec. 8th 12pm Card Making</p> 	<p>10 Center Hours 8-1 9am Walking 4 Wellness 10am Ugly Sweater Craft 10:45am Outreach Nurse 11am Anxiety & Depression</p> 	<p>11 Center Hours 8-2 9:30am Life Recovery 11-12:30pm Whole Health and Foodbank</p> 	<p>12 Open for Event 11-3pm TMHA Holiday Party— Must RSVP!</p> 	<p>13 Open 4 Event 9-2pm Holiday Market in Santa Ynez - Must RSVP & Bring \$</p>
<p>15 FAMILY SERVICES</p> 	<p>16 Center Hours 8-2 10am Men's Group 11am Community Mtg 12pm Dual Diagnosis</p> 	<p>17 Center Hours 8-1 9am Walking 4 Wellness 10am DIY Stocking Craft 10:45am Outreach Nurse 11am Anxiety & Depression</p>	<p>18 Center Hours 8-2 9am –2pm Holiday Cookie Baking— Must RSVP!</p> 	<p>19 Center Hours 8-10am 9am Women's Group 11-2pm Holiday Cookie Exchange— Must RSVP & Bring Cookies! Ugly Sweater Day!!</p> 	<p>20</p> 
<p>22 FAMILY SERVICES</p> 	<p>23 Center Hours 8-2 9am Men's Group 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Dec. 22nd</p> 	<p>24 Center Closed</p> 	<p>25 Center Closed</p> <p>Happy Holidays!</p> 	<p>26 Center Hours 8-2 10-1pm Birthday Celebrations & BINGO 4 Prizes Wear your Pajamas Day!!</p> 	<p>27</p> 
<p>29 FAMILY SERVICES</p> 	<p>30 Center Hours 8-2 10am Men's Group 11am Community Mtg 12pm Dual Diagnosis</p>	<p>31 Center Hours 8-1pm 9am Walking 4 Wellness 10am Creative Ventures 10:45am Outreach Nurse 11am Anxiety & Depression</p>	<p>January 1, 2026 Closed</p>	<p>The Center Hours, Groups and Activities are Subject to Change. Please contact staff to find out more information on becoming a member.</p>	<p>Breakfast Coffee Daily Tue-Friday</p> 