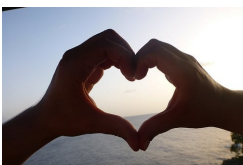


Mon	Tue	Wed	Thu	Fri
FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487 	Center Hours, Groups and Activities are Subject to Change. Please contact staff to find out	1 Center Hours 8-1pm 9:30am Dual Diagnosis 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	2 Center Hours 8-3pm 11-12:30pm Whole Health & Foodbank 	3 Center Hours 8-3pm 9am Women's Group 11am Anxiety & Depression 
6 FAMILY SERVICES Breakfast & Coffee Daily 8-10 Green: Outdoor Activities Purple: Indoor Groups 	7 Center Hours 8-3pm 10am Creative Ventures 11am Community Mtg & 12-1pm Bag Lunch Must RSVP by Friday June 5 	8 Center Hours 8-1pm 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness	9 Center Hours 8-3pm 11am Baking Class: Lasagna 	10 Open For Event Only Outing—Movies in Santa Maria—Must bring \$\$\$ RSVP by July 8, 2026 
13 FAMILY SERVICES 	14 Center Hours 8-3pm 10am Creative Ventures 11am Community Mtg & Calendar Planning 12pm Card Making 	15 Center Hours 8-1pm 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness	16 Center Hours 8-3pm 11-12:30pm Whole Health & Foodbank 	17 Center Hours 8-3pm 9am Women's Group 11am Dual Diagnosis 
20 FAMILY SERVICES 	21 Center Hours 8-3pm 10am Creative Ventures 11am Community Mtg & 12-1pm Bag Lunch Must RSVP by Friday June 19 	22 Center Hours 8-1pm 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness	23 Center Hours 8-3pm 11am Cooking Class: Goulash 	24 Center Hours 8-3pm 9am Women's Group 11am Dual Diagnosis 
27 FAMILY SERVICES 	28 Center Hours 8-3pm  10am Creative Ventures 11am Community Mtg	29 Center Hours 8-1pm 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	30 Center Hours 8-3pm 9-1pm Birthday Celebrations & BINGO 	31 Open For Event Only Outing—Lotusland Muesum Must bring \$\$\$ RSVP by July 01, 2026 