



















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



September 2025

Mon	Tue	Wed	Thu	Fri	Sat
1 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487 	2 Center Hours 8-2 9am Creative Ventures 11am Community Mtg 12pm Introverts Gather	3 Center Hours 8-1 9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	4 Center Hours 8-2 9am Life Recovery 11am Computer Literacy 	5 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)	6 Open for Event 10-2pm Movie Theatre Must RSVP & Bring \$ 
8 FAMILY SERVICES 	9 Center Hours 8-2 11am Community Mtg & Calendar Planning 12-2pm Brown Bag Lunch Must RSVP by Friday, Sept. 5th 	10 Center Hours 8-1 9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	11 Center Hours 8-2 9am Life Recovery 11-12:30pm Whole Health and Foodbank 	12 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)	13 CLOSED 
15 FAMILY SERVICES 	16 Center Hours 8-2 9am Creative Ventures 11am Community Mtg 12pm Card Making	17 Open for Event 3-7pm Alliance for Mental Wellness— Must RSVP! 	18 Center Hours 10-1 11-12:30pm Whole Health and Foodbank 	19 CENTER CLOSED 	20 CLOSED 
22 FAMILY SERVICES 	23 Center Hours 8-2 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Thursday, Sept. 18th	24 Center Hours 8-1 9am Men's Group 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	25 Center Hours 8-2 9am Life Recovery 11am Cooking Class— Must RSVP 	26 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)	27 CLOSED 
29 FAMILY SERVICES 	30 Center Hours 8-2 9am Creative Ventures 11am Community Mtg 12pm Introverts Gather	Breakfast & Coffee Daily Tue-Friday Green: Outdoors Purple: Groups 	Center Hours, Activities, and Events are Subject to Change. Thank you!	If You are Interested in becoming a member, please call to schedule an orientation.	https://www.t-mha.org/wellness-calendars.php  Transitions-Mental Health Association