

Helping Hands of Lompoc-RLC
 513 North G St.
 Lompoc, CA 93436



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	IP= In Person
MONDAY	8:00-4:00pm Family Services July 5th is closed for observance of 4th of July
TUESDAY	10:30-11:30am Depression & Anxiety Support (Zoom/IP) 12-1pm Recovery Topics (Zoom/IP) 1-2pm Yoga w/ Maribel (Zoom/IP)
WEDNESDAY	Nurse Carol (call for time) 10:00-11:00 Hooked of Yarn (7/7, 7/21) 11:30am-12:30pm Lunch-to-go (7/7, 7/21) 9:30-11:30am Farmers Market (7/14, 7/28) 2-3pm Yoga w/Bob (IP only)
THURSDAY	11:30-12:30 Fun w/ Friends (IP only) 1:00-2:00 Women's Support 1-2:30 Consumer Family Member Action Team Mtg (7/15)
FRIDAY	9-10am Journaling (Zoom/IP) 10-10:30am Spirituality w/Brock 11:30am-12:30pm Lunch To-Go 1-2pm Aceptando la Edad (Zoom/IP) Group in Spanish 2-3pm Yoga w/Bob (IP only)
SATURDAY	5-8pm Movie/Game/Craft Night
	Groups are blended (Zoom & in-person). In-person groups are limited in size so please call to reserve your spot. For the safety of all, a mask/face covering is required as well as physical distancing while attending any of our in-person groups. All participants will also be screened before entering.