






MAY 2021



Helping Hands of Lompoc-RLC
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 9-10 Women's Support NEW 10 Spirituality w/ Brock NEW 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	4 10:30 Depression & Anxiety Support NEW 12-1 Recovery Topics	5 No Lunch Today 9-10 Walking 4 Wellness 10-11 Hooked on Yarn 10:30-12:00 Nurse Carol 2-3:15 Yoga w/Bob	6 10:30-12 Fun w/ Friends 	7 11:30-12:30 Lunch To-Go 1-2 Conéctate NUEVO	8 5pm Satur-Stay Zoom Only
10 9-10 Women's Support 10-10:30 Spirituality w/ Brock 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	11 10:30 Depression & Anxiety Support 12-1 Recovery Topics	12 9:30-11:30 Farmers Market 9:30-11:00 Nurse Carol 1-2 Art w/ Meghan 2-3:15 Yoga w/Bob 6:30-8pm Open Mic Night	13 10:30-12 Fun w/ Friends	14 11:30-12:30 Lunch To-Go 1-2 Conéctate	15 5pm Satur-Stay Zoom Only
17 9-10 Women's Support 10-10:30 Spirituality w/ Brock 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	18 10:30 Depression & Anxiety Support 12-1 Recovery Topics 1-2 Yoga w/ Maribel NEW	19 No Lunch Today 9-10 Walking 4 Wellness 10-11 Hooked on Yarn 10:30-12:00 Nurse Carol 2-3:15 Yoga w/Bob	20 10:30-12 Fun w/ Friends 1-2:30 CFMAT Mtg	21 11:30-12:30 Lunch To-Go 1-2 Conéctate	22 5pm Satur-Stay Zoom Only
24 9-10 Women's Support 10-10:30 Spirituality w/ Brock 11:30-12:30 Lunch To-Go 2-3:15 Yoga w/Bob	25 10:30 Depression & Anxiety Support 12-1 Recovery Topics 1-2 Yoga w/ Maribel	26 9:30-11:30 Farmers Market 9:30-11:00 Nurse Carol 1-2 Art w/ Meghan 2-3:15 Yoga w/Bob	27 9-12:30 CFMAT Empowerment Conference	28 11:30-12:30 Lunch To-Go 1-2 Conéctate	29 NO Satur-Stay
31 CLOSED 	NEW GROUPS Women's Support Spirituality w/ Brock Depression & Anxiety Support Yoga w/ Maribel Conéctate	For Lunch to Go or Farmers Market, please call to Schedule a time 	Computer Lab Support Mondays 9-12 Wednesdays 9-12 Thursdays 9-1 Call to schedule w/ Karley	For Zoom Meeting IDs Call or Email us: (805)819-0460 ext. 153 rlc@t-mha.org	

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.