









513 NORTH G Street
 LOMPOC.CA 93436
 (805) 819-0460 EXT 153

OCTOBER 2024

Helping Hands of Lompoc Wellness Center (H2L)



Mon	Tue	Wed	Thu	Fri	SAT
 1 Center Hours 8-4 8-10 Breakfast & Coffee 11am Community Mtg 12pm Skills & Strengths	1 Center Hours 8-4 8-10 Breakfast & Coffee 11am Community Mtg 12pm Skills & Strengths	2 Center Hours 8-2:45 8-10 Breakfast & Coffee 10:30-12:30 Nurse & Outreach Workers 12-1 Anxiety & Depression	3 Center Hours 8-4 8-10 Breakfast & Coffee 10am Fun W/Friends 1-3pm Lompoc Museum MUST R.S.V.P !!!!	4 Center Hours 8-12 8-10 Breakfast & Coffee 9-11 Orientations	5 CLOSED 
7 Family Services Please Contact Lorena @ (805) 458-5487	8 Center Hours 8-4 8-10 Breakfast & Coffee 11am Community Mtg 12pm Brown Bag Lunch Must R.S.V.P !!!!	9 Center Hours 8-2:45 8-10 Breakfast & Coffee 10:30-12:30 Nurse & Outreach Workers 12-1 Anxiety & Depression	10 Center Hours 8-4 8-10 Breakfast & Coffee 10am FOOD BANK 1-2pm Walk for Wellness 3pm Introverts Gather	11 Center Hours 8-4 8:30-4pm Picnic Lunch & Cambria's Scarecrow Festival– Must RSVP!	12 EVENT ONLY 10-2pm Creative Carvings Cookie Contest 
14 Family Services 	15 Center Hours 8-4 8-10 Drop In Hours 11am Community Mtg 12pm Skills & Strengths	16 Center Hours 8-2:45 8-10 Breakfast & Coffee 10:30-12:30 Nurse & Outreach Workers 12-1 Anxiety & Depression	17 Center Hours 8-4 8-10 Breakfast & Coffee 12pm FIRE DRILL 1-2pm Walk for Wellness 3pm Introverts Gather	18 Center Hours 8-4 8-10 Breakfast & Coffee & Pajama Day 9-11 Orientations 1pm Courage 2 Change 	19 Open 4 Event Only 10-4pm Visit to Avila Valley Barn & lunch. Must RSVP & Bring \$10.00 for lunch.
21 Family Services	22 Center Hours 8-4 8-10 Breakfast & Coffee 11am Community Mtg 1pm Decorating Pumpkins	23 Center Hours 8-2:45 8-10 Breakfast & Coffee 10:30-12:30 Nurse & Outreach Workers	24 Center Hours 8-4 8-10 Breakfast & Coffee 1-2pm Walk for Wellness 3pm Introverts Gather	25 Center Hours 8-4 8-10 Breakfast & Coffee 9-11 Orientations 1130 pm Creative Writing 12-3pm BINGO & Birthdays	26 CLOSED 
28 Family Services 	29 Center Hours 8-4 8-10 Breakfast & Coffee 11am Community Mtg 12pm Skills & Strengths	30 Center Hours 8-2:45pm 8-10 Breakfast & Coffee 10:30-12:30 Nurse & Outreach Workers 12-1pm Anxiety & Depression	31 Open 4 Event Only 10-4pm Halloween Party Costume Contest Must R.S.V.P	FOR MORE INFORMATION ON BECOMING A MEMBER , PLEASE CALL OUR CENTER. 	The Center Hours, Groups and Activities are Subject to Change. * Green= Outdoor Activities