



JUNE 2024

Mon	Tue	Wed	Thu	Fri	Sat
	Center Hours, Activities and Events are subject to change. Thank You!	Please call our center if you need more information about becoming a Helping Hands Member.			1 Open for Event Only 10-2pm Coffee W/ Friends in Lompoc Must RSVP & Bring \$
3 FAMILY SERVICES Please Call LORENA For Info: 805-458-5487	4 CLOSED DUE TO STAFF TRAINING 	5 Center Hours 8-3 8-10am Drop In Hours 9-12pm Computer Lab 10:30-12:30 Outreach workers 1pm Stronger Everyday <u>No Nurse Carol</u>	6 CLOSED DUE TO STAFF TRAINING 	7 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 	8 CLOSED
10 FAMILY SERVICES 	11 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 11am Community Mtg Everyone is Welcome! 12pm Skills & Strengths	12 Center Hours 8-3 8-10am Drop In Hours 9-12pm Computer Lab 10:30-12:30 Outreach workers 1pm Stronger Everyday <u>No Nurse Carol</u>	13 Center Hours 8-4 8-10am Drop In Hours 10am Fun W/ Friends 11am Dual Diagnosis	14 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 	15 Open for Event Only 11-3 Juneteenth Event @Ryan Park Must RSVP & Bring\$!
17 FAMILY SERVICES 	18 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 11am Community Mtg Everyone is Welcome! 12pm Card Making Group	19 Center Hours 8-3 8-10am Drop In Hours 9-12pm Computer Lab 10:30-12:30 Outreach workers 1pm Stronger Everyday <u>No Nurse Carol</u>	20 Center Hours 8-4 8-10am Drop In Hours 9am Food Distribution 10am Fun W/ Friends 11am Dual Diagnosis 1pm Healthy Habits	21 Center Hours 1-4pm 1pm Art with Dee "Celebrating Pride Month" 	22 Open for Event Only 10-2pm Movie & June Birthday Celebrations!
24 FAMILY SERVICES 	25 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 11am Community Mtg Everyone is Welcome! 12pm Skills & Strengths	26 Center Hours 8-3 8-10 Drop In Hours 9-12pm Computer Lab 10:30-12:30 Nurse & Outreach workers 1pm Stronger Everyday	27 Center Hours 8-4 8-10am Drop In Hours 9am Food Distribution 10am Fun W/ Friends 11am Dual Diagnosis	28 Center Hours 8-4 8-10am Drop In Hours 9-12pm Computer Lab 11am Anxiety & Depression Support Group 	29 CLOSED