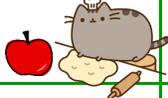




# March 2026

| Mon   | Tue  | Wed  | Thu   | Fri  | Sat   |
|---|--|--|---|--|---|
| <p>2 FAMILY SERVICES </p> <p>Please Contact Jasmine @ (805) 458-5487</p> | <p>3 Center Hours 8-2<br/>           9am Men's Group<br/>           10am Shamrock Wreaths<br/>           11am Community Mtg &amp; Bowl-A-Thon Mtg </p>  | <p>4 Center Hours 8-1 </p> <p>9:30am Walking 4 Wellness<br/>           10:45am Outreach Nurse<br/>           11am Anxiety &amp; Depression </p> | <p>5 Center Hours 8-2<br/>           9:30am Life Recovery<br/>           11-12:30pm Whole Health &amp; Foodbank </p>   | <p>6 Center Hours 8-2<br/>           9am Women's Group<br/>           10am What's Eating You<br/>           11am Santa Maria NA Mtg </p>  | <p>7 Open 4 Event 10-3pm S.M. Rancho Bowl- Must RSVP! </p> |
| <p>9 FAMILY SERVICES </p>  | <p>10 Center Hours 8-2<br/>           9am Men's Group <br/>           10am Leprechauns<br/>           11am Community Mtg<br/>           12-2pm Bag Lunch Must RSVP by Friday Mar. 13th</p>                                | <p>11 Center Hours 8-1<br/>           9:30am Walking 4 Wellness<br/>           10:45am Outreach Nurse<br/>           11am Anxiety &amp; Depression </p>  | <p>12 Center Hours 8-2<br/>           9:30am Life Recovery<br/>           11am Baking Class: Chunky Apple Cake </p>    | <p>13 Open 4 Event 12-2:30pm St. Patrick's Day Luncheon- Must RSVP! </p>  | <p>14 </p>   |
| <p>16 FAMILY SERVICES </p>  | <p>17 Center Hours 8-2<br/>           9am Men's Group<br/>           10am Creative Ventures<br/>           11am Community Mtg &amp; Calendar Planning<br/>           12pm Card Making </p>                               | <p>18 Center Hours 8-1<br/>           9:30am Walking 4 Wellness<br/>           10:45am Outreach Nurse<br/>           11am Anxiety &amp; Depression</p>   | <p>19 Center Hours 8-2<br/>           9:30am Life Recovery<br/>           11-12:30pm Whole Health &amp; Foodbank </p> | <p>20 Center Hours 8-12 </p>   | <p>21 </p>  |
| <p>23 FAMILY SERVICES </p>   | <p>24 Center Hours 8-2 <br/>           9am Men's Group<br/>           10am Creative Ventures<br/>           11am Community Mtg &amp; Bowl-A-Thon Mtg<br/>           12-2pm Bag Lunch Must RSVP by Friday, Mar. 20th</p> | <p>25 Center Hours 8-1<br/>           9:30am Walking 4 Wellness<br/>           10:45am Outreach Nurse<br/>           11am Anxiety &amp; Depression </p>   | <p>26 Center Hours 8-2<br/>           9:30am Life Recovery<br/>           11am Cooking Class: Shepard's Pie </p>     | <p>27 Center Hours 8-2<br/>           9am Women's Group <br/>           1am Dual Diagnosis<br/>           11am Santa Maria AA Mtg </p> | <p>28</p>   |
| <p>30 FAMILY SERVICES</p>   | <p>31 Center Hours 8-2 <br/>           9am Men's Group<br/>           10am Creative Ventures<br/>           11am Community Mtg</p>  | <p>Breakfast &amp; Coffee Daily 8-10<br/>           Green: Outdoor Activities<br/>           Purple: Indoor Groups<br/>           Blue: Monthly </p>   | <p>The Center Hours, Groups and Activities are Subject to Change.</p>   | <p>Please contact staff to find out more information on becoming a member. </p> <p><a href="http://www.t-mha.org/wellness-calendars.php">http://www.t-mha.org/wellness-calendars.php</a></p>                                |   |