

Helping Hands of Lompoc Wellness Center
 513 NORTH G STREET
 LOMPOC CA 93436
 (805)819-0460 EXT :153



October 2025

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change. Thank you!	If You are Interested in becoming a member, please call to schedule an orientation. 	1 Center Hours 8-1 9am Creative Ventures 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	2 Center Hours 8-2 9am Life Recovery 11-12:30pm Whole Health and Foodbank 	3 Center Hours 8-2  9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)	4 Open For Event 10-2pm Visit to Avila Valley Barn— Must Sign Up & Bring \$ 
6 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487 	7 Center Hours 8-2 9am Men's Group 11am Community Mtg 12pm Introverts Gather 	8 Center Hours 8-1  9am Creative Ventures 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	9 Center Hours 8-2  9am Life Recovery 10-2pm - Santa Maria Mall / Spirits Halloween Store / Craft Store	10 Center Hours 8-4pm 9am Women's Group 10am What's Eating You 12-4pm Virtual Peer Conference	11 CLOSED 
13 FAMILY SERVICES 	14 Center Hours 8-2  9am Men's Group 11am Community Mtg & Calendar Planning 12-2pm Brown Bag Lunch Must RSVP by Friday, Oct. 10th	15 Center Hours 8-1 9am Creative Ventures: Mask Making 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	16 Center Hours 8-2 9am Life Recovery 11-12:30pm Whole Health and Foodbank 	17 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M) 	18 CLOSED 
20 FAMILY SERVICES 	21 Center Hours 8-2 9am Men's Group 11am Community Mtg 12pm Card Making 	22 Center Hours 8-1 9am Creative Ventures 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	23 Center Hours 9-2 11am Cooking Class - Stir Fry Must RSVP 	24 Center Hours 9-2 11-2pm Halloween Movie & Snacks 	25 CLOSED 
27 FAMILY SERVICES 	28 Center Hours 8-2 9am Men's Group 11am Community Mtg 12-2pm Brown Bag Lunch Must RSVP by Friday, Oct. 24th	29 Center Hours 8-1 9am Creative Ventures 10:45am Outreach Nurse 11:45am Anxiety & Depression Support Group	30 Open for Event Only TMHA Halloween Party— Must RSVP 11:30-3:30pm 	31 Center Hours 8-2 9am Women's Group 10am What's Eating You 11am NoonTime NA (S.M)	https://www.t-mha.org/wellness-calendars.php 