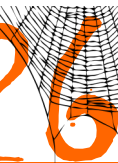


Helping Hands of Lompoc Wellness Center
 513 NORTH G STREET
 LOMPOC CA 93436
 (805)819-0460 EXT :153



October 2026



Mon	Tue	Wed	Thu	Fri
Center Hours, Activities, and Events are Subject to Change. Thank you! 	Tue-Friday : Daily Breakfast & Coffee Green: Outdoors Group Purple: Indoor Group Blue: Monthly Group 	<i>If you are interested in attending any of our groups & becoming a member, please speak to staff to set up an orientation.</i>	1 Center Hours 10-1pm 11-12:30pm Whole Health & Foodbank 	2 Open for Outing Only 10:30-3:30pm Costume Shopping- Bring \$\$ 
5 FAMILY SERVICES Please Contact Jasmine @ (805) 458-5487 	6 Center Hours 8-2 10am Creative Ventures 11am Community Mtg 12pm Goal Setting Workshop 	7 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	8 Center Hours 8-2 9am Stress Management 11am Cooking Class:  BLT Sandwiches- RSVP! 1pm Employment Workshop Hybrid Group	9 Center Hours 8-2pm 9am Women's Group 11am Co-Occurring Support 
12 FAMILY SERVICES 	13 Center Hours 8-2 10am Creative Ventures 11am Community Mtg 12 pm Bag Lunch-RSVP Oct.9th	14 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	15 CLOSED 	16 Hours 8-2pm 9am Women's Group 11am Co-Occurring Support 
19 FAMILY SERVICES 	20 Center Hours 8-2 10am Halloween Wreaths 11am Community Mtg & Calendar Planning 12pm Card Making 	21 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	22 Center Hours 8-2 9am Stress Management 11-12:30pm Whole Health & Foodbank 1pm Employment Workshop Hybrid Grp 	23 Hours 8-2pm 9am Women's Group 11am Co-Occurring Support 
26 FAMILY SERVICES 	27 Center Hours 8-2 10:30am Community Mtg 11:30am Pumpkin Carving 12:30 Bag Lunch-RSVP Oct. 23rd	28 Center Hours 8-1 9:30am Anxiety & Depression 10:45am Outreach Nurse 11:15am Walking 4 Wellness 	29 Center Hours 8-2 9am Stress Management 11am Baking Class:  Moussaka- RSVP! 1pm Employment Workshop	30 Open 4 Event Only 11-2pm Halloween Party- RSVP! 