

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Call for login info. (805) 541-6813 Become a Member! It's Free.</p> <p>Groups are for Wellness Center Members. Everyone must follow safety guidelines when attending in-person groups.</p>	<p>Due to enhanced safety guidelines, all groups this month are virtual.</p> <p>Find more info at t-mha.org</p>	<p>In-Person Group Guidelines</p> <p>Members & Employees are required to wash/sanitize their hands, wear a mask, check temperature, and practice social distancing. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom.</p>	<p>1 <i>HAPPY NEW YEAR!</i> SPECIAL VIRTUAL GROUPS 10-11:30 New Year, New Me Part 1 of 3 1-3 2021 Dream Boards ** Kit Available for delivery**</p>
<p>4 <u>VIRTUAL GROUPS</u> 10-11 Anger Management with Victoria Meredith 11:30-12:30 Navigating Depression 1-2 Music Sharing 3-4 Monday Meditation</p>	<p>5 <u>VIRTUAL GROUPS</u> 11-12 Voices and Visions 12:30-1:30 Yoga for Everyone 2-3 The Poetry & Writer's Place 7-8 WRAP Support Group w/Victoria</p>	<p>6 <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew & Calendar Planning 1-2:30 Artistic Expressions 3-4 Technology Q & A</p>	<p>7 <u>VIRTUAL GROUPS</u> 11-12 Overcoming Anxiety 12-2:30 CLOSED—Staff Training 2:30-4 Dr. Moreno's Group</p>	<p>8 <u>VIRTUAL GROUPS</u> 10-11:30 New Year, New Me Part 2 of 3 12-1 Post Traumatic Growth 1:30-2:30 Bipolar Support Group 3-4 Dual Recovery Anon.</p>
<p>11 <u>VIRTUAL GROUPS</u> 10-11 Anger Management with Victoria Meredith 11:30-12:30 Navigating Depression 1-2 Music Sharing 3-4 Monday Meditation 2-4 DOORSTEP DELIVERIES</p>	<p>12 <u>VIRTUAL GROUPS</u> 11-12 Voices and Visions 12:30-1:30 Yoga for Everyone 2-3 The Poetry & Writer's Place 7-8 WRAP Support Group w/Victoria</p>	<p>13 <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew 1-2:30 Artistic Expressions 3-4 Star Wars Cantina</p>	<p>14 <u>VIRTUAL GROUPS</u> 11-12 Overcoming Anxiety 12:30-1:30 Laughter at Lunch 2:30-4 Dr. Moreno's Group 5-7pm Cooking Class: Minestrone Soup & Garlic Bread ** CALL AHEAD for Ingredient Delivery</p>	<p>15 <u>VIRTUAL GROUPS</u> 10-11:30 New Year, New Me Part 3 of 3 12-1 Post Traumatic Growth 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.</p>
<p>18 <u>VIRTUAL GROUPS</u> 10-11 Anger Management with Victoria Meredith 11:30-12:30 Navigating Depression 1-2 Music Sharing 3-4 Monday Meditation 2-4 DOORSTEP DELIVERIES</p>	<p>19 <u>VIRTUAL GROUPS</u> 11-12 Voices and Visions 12:30-1:30 Yoga for Everyone 2-3 The Poetry & Writer's Place 7-8 WRAP Support Group w/Victoria</p>	<p>20 <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew 1-2:30 Artistic Expressions 3-4 Loteria (Bingo) Game ** CALL AHEAD for Game Delivery</p>	<p>21 <u>VIRTUAL GROUPS</u> 11-12 Overcoming Anxiety 12:30-1:30 Laughter at Lunch 2:30-4 Dr. Moreno's Group</p>	<p>22 <u>VIRTUAL GROUPS</u> 10-11 Morning Cup o' Chat 12-1 Post Traumatic Growth 1:30-2:30 Bipolar Support Group 3-4 Dual Recovery Anon.</p>
<p>25 <u>VIRTUAL GROUPS</u> 10-11 Anger Management with Victoria Meredith 11:30-12:30 Navigating Depression 1-2 Music Sharing 3-4 Monday Meditation 2-4 DOORSTEP DELIVERIES</p>	<p>26 <u>VIRTUAL GROUPS</u> 11-12 Voices and Visions 12:30-1:30 Yoga for Everyone 2-3 The Poetry & Writer's Place <i>Good Attitudes with Victoria, coming in February!</i></p>	<p>27 <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew 1-2:30 Arts & Crafts Day ** CALL AHEAD for Kit Delivery** 3-4 TED Talks for Inspiration</p>	<p>28 <u>VIRTUAL GROUPS</u> 11-12 Overcoming Anxiety 12:30-1:30 Laughter at Lunch 2:30-4 Dr. Moreno's Group 6:30-8 Open Mic Night OPEN TO THE PUBLIC</p>	<p>29 <u>VIRTUAL GROUPS</u> 10-11 Morning Cup o' Chat 12-1 Post Traumatic Growth 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.</p>