

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Self Talk Makeover 1-2:30 Music Sharing ** 3-4 Bipolar Support Group	<b>3</b> <u>VIRTUAL GROUPS</u> <b>Vote Shuttle available. Call to schedule.</b> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2:30 Disc Golf ** 3-4:00 Poetry & Writer's Lab	<b>4</b> <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew ** and Calendar Planning 1-2 1-on-1 Peer Support, RSVP 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>5</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11:30-1 CLOSED FOR STAFF TRAINING 2:30-4 Dr. Moreno's Group	<b>6</b> <u>VIRTUAL GROUPS</u> 10-12 NAMI Peer 2 Peer (6/8) 12-1 Post-Traumatic Growth 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.
<b>9</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11-12:30 PAAT General Mtg 1-2:30 Music Sharing ** 3-4 Regulating Emotions	<b>10</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2:30 Cook-Along: Stir Fry 3-4:00 Poetry & Writer's Lab	<b>11</b> <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew ** 1-2 1-on-1 Peer Support, RSVP 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>12</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 1-2 1-on-1 Peer Support, RSVP 2:30-4 Dr. Moreno's Group	<b>13</b> <u>VIRTUAL GROUPS</u> 10-12 NAMI Peer 2 Peer (7/8) 12-1 Post-Traumatic Growth 1:30-2:30 Game Time! 3-4 Dual Recovery Anon.
<b>16</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Self Talk Makeover 1-2:30 Music Sharing ** 3-4 Bipolar Support Group	<b>17</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2:30 Croquet @ the Park ** 3-4:00 Poetry & Writer's Lab	<b>18</b> <u>VIRTUAL GROUPS</u> 10-11 Using Our Strengths 11:30-12:30 Chat & Chew ** 1-2 1-on-1 Peer Support, RSVP 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>19</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 1-2 1-on-1 Peer Support, RSVP 2:30-4 Dr. Moreno's Group	<b>20</b> <u>VIRTUAL GROUPS</u> 10-12 NAMI Peer 2 Peer (8/8) 12-1 Post-Traumatic Growth 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.
<b>23</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11-12:30 PAAT Planning Mtg 1-2:30 Music Sharing ** 3-4 LGBTQIA+ Living Well	<b>24</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2 Ladder Ball @ the Park ** 3-4:00 Poetry & Writer's Lab	<b>25</b> <u>VIRTUAL GROUPS</u> <u>*Thanksgiving Celebration Day *</u> 10-11:30 Cook-Along: Pie! 11:30-12:30 Chat & Chew ** 12:30-2 Attitude of Gratitude 2-3:30 Nothin' Left But Karaoke!	<b>26</b> CENTER CLOSED 	<b>27</b> 
<b>30</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Sound Meditation 1-2:30 Music Sharing ** 3-4 Bipolar Support Group	 <p>Virtual and In-Person groups are available to Wellness Center Members only.                      Please call for login information or to sign up as a new member.  <b>(805) 541-6813</b></p>	 <p>Most groups are offered via Zoom. We now offer limited in-person spots for a few groups. (Groups with **)                      Members are required to follow new guidelines in order to participate in-person.</p>	 <p><b>In-Person Group Guidelines</b>                      Members &amp; Employees will be required to wash/sanitize their hands, wear a mask, and follow social distancing guidelines. Anyone who has experienced recent symptoms of Covid-19 will be asked to leave.</p>	 <p>Gratitude</p>