

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Virtual and In-Person groups are available to Wellness Center Members only.</p> <p>Please call for login information or to sign up as a new member.</p> <p>(805) 541-6813</p>	<p>1 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Yoga for Everyone</p> <p>11-12:30 Voices and Visions</p> <p>1-2 Building Confidence</p> <p>2:30-4:00 Poetry & Writing Lab</p>	<p>2 <u>VIRTUAL GROUPS</u></p> <p>10-11 Sign-Up Sessions</p> <p>11:30-12:30 Chat & Chew (Bring lunch and hang out)</p> <p>2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p>3 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Healthy Thinking</p> <p>11-12 Overcoming Anxiety</p> <p>1-2 Staff Meeting</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>4 <u>VIRTUAL GROUPS</u></p> <p>10-12 WRAP (RSVP, 5 of 8)</p> <p>12-1:15 Facing Challenge Together</p> <p>1:30-2:30 Game Time!</p> <p>3-4 Dual Recovery Anon.</p>
<p>7 CLOSED FOR LABOR DAY</p> <p>SLO HOTLINE  (800) 783-0607 <small>MAKE THE CALL. ANY TIME.</small></p> <p>National Suicide Prevention Week</p>	<p>8 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Yoga for Everyone</p> <p>11-12:30 Voices and Visions</p> <p>1-2 Building Confidence</p> <p>2:30-4:00 Poetry & Writing Lab</p>	<p>9 <u>VIRTUAL GROUPS</u></p> <p>10-11 Sign-Up Sessions</p> <p>11:30-12:30 Chat & Chew (Bring lunch and hang out)</p> <p>2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p>10 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Healthy Thinking</p> <p>11-12 Overcoming Anxiety</p> <p>1-2 Staff Meeting</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>11 <u>VIRTUAL GROUPS</u></p> <p>10-12 WRAP (RSVP, 6 of 8)</p> <p>12-1:15 Facing Challenge Together</p> <p>1:30-2:30 Game Time!</p> <p>3-4 Dual Recovery Anon.</p>
<p>14 <u>VIRTUAL GROUPS</u></p> <p>10-11 Navigating Depression</p> <p>11-12:30 PAAT General Mtg</p> <p>1-2:30 Music Sharing</p> <p>3-4 OCD Group</p>	<p>15 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Yoga for Everyone</p> <p>11-12:30 Voices and Visions</p> <p>1-2 Building Confidence</p> <p>2:30-4:00 Poetry & Writing Lab</p>	<p>16 <u>VIRTUAL GROUPS</u></p> <p>10-11 Sign-Up Sessions</p> <p>11:30-12:30 Chat & Chew (Bring lunch and hang out)</p> <p>2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p>17 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Healthy Thinking</p> <p>11-12 Overcoming Anxiety</p> <p>1-2 Staff Meeting</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>18 <u>VIRTUAL GROUPS</u></p> <p>10-12 WRAP (RSVP, 7 of 8)</p> <p>12-1:15 Facing Challenge Together</p> <p>1:30-2:30 Game Time!</p> <p>3-4 Dual Recovery Anon.</p>
<p>21 <u>VIRTUAL GROUPS</u></p> <p>10-11 Navigating Depression</p> <p>11:30-12:30 Guided Meditation</p> <p>1-2:30 Music Sharing</p> <p>3-4 Regulating Emotions</p>	<p>22 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Yoga for Everyone</p> <p>11-12:30 Voices and Visions</p> <p>1-2 Building Confidence</p> <p>2:30-4:00 Poetry & Writing Lab</p>	<p>23 <u>VIRTUAL GROUPS</u></p> <p>10-11 Sign-Up Sessions</p> <p>11:30-12:30 Chat & Chew (Bring lunch and hang out)</p> <p>2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p>24 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Healthy Thinking</p> <p>11-12 Overcoming Anxiety</p> <p>1-2 Staff Meeting</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>25 <u>VIRTUAL GROUPS</u></p> <p>10-12 WRAP (RSVP, 8 of 8)</p> <p>12-1:15 Facing Challenge Together</p> <p>1:30-2:30 Game Time!</p> <p>3-4 Dual Recovery Anon.</p>
<p>28 <u>VIRTUAL GROUPS</u></p> <p>10-11 Navigating Depression</p> <p>11-12:30 PAAT Planning Mtg</p> <p>1-2:30 Music Sharing</p> <p>3-4 LGBTQIA+ Living Well</p>	<p>29 <u>VIRTUAL GROUPS</u></p> <p>9:30-10:30 Yoga for Everyone</p> <p>11-12:30 Voices and Visions</p> <p>1-2 Building Confidence</p> <p>2:30-4:00 Poetry & Writing Lab</p>	<p>30 <u>VIRTUAL GROUPS</u></p> <p>10-11 Sign-Up Sessions</p> <p>11:30-12:30 Chat & Chew (Bring lunch and hang out)</p> <p>2:30-3:45 Artistic Expressions (Bring paper and other materials)</p>	<p>All groups are offered via Zoom.</p> <p>Members will be required to follow new guidelines in order to participate when in-person groups begin.</p>	<p>Re-Opening Procedures</p> <p>Members & 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>