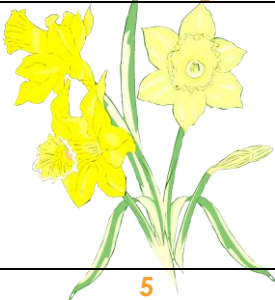
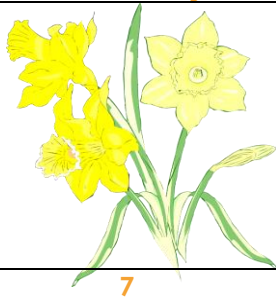




# Safe Haven January 2021

Arroyo Grande Wellness Center  
"Safe Haven"  
203 Bridge St. Arroyo Grande, CA 93420  
(805) 489-9659

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Members and Employees are required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</b></p>	<p><b>Currently, all groups offered are Virtual only</b> Please call for login information or to sign up as a new Member. <b>(805)489-9659</b></p>		<p><b>DAFFODILS SYMBOLIZE NEW BEGINNINGS, WISHING YOU ALL A YEAR OF NEW BEGINNINGS</b></p>		<p><b>1</b></p> <p><b>Center Closed Happy New Year!</b></p>
<p><b>3</b> All Groups will be Virtual 3-4 Coping with Depression and Anxiety</p>	<p><b>4</b> All Groups will be Virtual 10-11 Anger Management 1-2 Cultivating Self Love and Self Compassion 2:30-3:30 Social Hour</p>	<p><b>5</b> All Groups will be Virtual 10-11 Journaling 11-12 Womens Group 2:30-3:30 Creative Expression 7-8pm WRAP Support Group w/ Victoria Meredith</p>	<p><b>6</b> All Groups will be Virtual 10-11 Journaling 12-1 Coping with Depression &amp; Anxiety 2-3 Music Heals</p>	<p><b>7</b> All Groups will be Virtual 10-11 Journaling 2-3 Navigating Social Anxiety 3-4 Coping with Loss 6-7 Grounding and Mindfulness</p>	<p><b>8</b> All Groups will be Virtual 10-11 Journaling 11-12 Guided Meditation 12-1 Assertive Communication 4-5 Intuitive Eating and Health</p>
<p><b>10</b> All Groups will be Virtual 3-4 Coping with Depression and Anxiety</p>	<p><b>11</b> All Groups will be Virtual 10-11 Anger Management 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Social Hour 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Prana</p>	<p><b>12</b> All Groups will be Virtual 10-11 Journaling 11-12 Womens Group 2:30-3:30 Creative Expression 7-8pm WRAP Support Group w/ Victoria Meredith</p>	<p><b>13</b> All Groups will be Virtual 10-11 Journaling 12-1 Coping with Depression &amp; Anxiety 2-3 Music Heals 3-4 Listening for the Insights w/ Zazz Daniel</p>	<p><b>14</b> All Groups will be Virtual 10-11 Journaling 2-3 Navigating Social Anxiety 3-4 Coping with Loss 6-7 Grounding and Mindfulness</p>	<p><b>15</b> All Groups will be Virtual 10-11 Journaling 11-12 Guided Meditation 12-1 Assertive Communication 4-5 Intuitive Eating and Health</p>
<p><b>17</b> All Groups will be Virtual 3-4 Coping with Depression and Anxiety</p>	<p><b>18</b> All Groups will be Virtual 10-11 Anger Management 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Social Hour</p>	<p><b>19</b> All Groups will be Virtual 10-11 Journaling 11-12 Womens Group 2:30-3:30 Creative Expression 7-8pm WRAP Support Group w/ Victoria Meredith</p>	<p><b>20</b> All Groups will be Virtual 10-11 Journaling 12-1 Coping with Depression &amp; Anxiety 2-3 Music Heals</p>	<p><b>21</b> All Groups will be Virtual 10-11 Journaling 2-3 Navigating Social Anxiety 3-4 Coping with Loss 6-7 Grounding and Mindfulness</p>	<p><b>22</b> All Groups will be Virtual 10-11 Journaling 11-12 Guided Meditation 12-1 Assertive Communication 4-5 Intuitive Eating and Health</p>
<p><b>24</b> All Groups will be Virtual 3-4 Coping with Depression and Anxiety</p>	<p><b>25</b> All Groups will be Virtual 10-11 Anger Management 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Prana</p>	<p><b>26</b> All Groups will be Virtual 10-11 Journaling 11-12 Womens Group 2:30-3:30 Creative Expression</p>	<p><b>27</b> All Groups will be Virtual 10-11 Journaling 12-1 Coping with Depression &amp; Anxiety 2-3 Music Heals 3-4 Listening for the Insights w/ Zazz Daniel</p>	<p><b>28</b> All Groups will be Virtual 10-11 Journaling 2-3 Navigating Social Anxiety 3-4 Coping with Loss 6-7 Grounding and Mindfulness</p>	<p><b>29</b> All Groups will be Virtual 10-11 Journaling 11-12 Guided Meditation 12-1 Assertive Communication 4-5 Intuitive Eating and Health</p>