




# Safe Haven January 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p><b>3</b></p> <p>9:30-11 Men's Support Group (V)</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>4</b></p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>11:30-12:30 Grounding and Mindfulness (V)</p> <p>1-2 Walking Group (OIP)</p> <p>2:30-3:30 Podcast "Complex Trauma Recovery" (V)</p>	<p><b>5</b></p> <p>10-11:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V)</p> <p>11:30-12:30 Journaling (V)</p> <p>12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V)</p> <p>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>6</b></p> <p><b>SAFE HAVEN CLOSED</b></p>	<p><b>7</b></p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>9</b></p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p><b>10</b></p> <p>9:30-11 Men's Support Group (V)</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>11</b></p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>11:30-12:30 Grounding and Mindfulness (V)</p> <p>1-2 Walking Group (OIP)</p> <p>3-5 NAMI Peer to Peer w/ Victoria (V)</p>	<p><b>12</b></p> <p>10-11:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V)</p> <p>11:30-12:30 Journaling (V)</p> <p>12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V)</p> <p>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>13</b></p> <p>10-11 Coping with Loss (V)</p> <p>11-12 Navigating Social Anxiety (V)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Young Adult Group (V)</p>	<p><b>14</b></p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>16</b></p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p><b>17</b></p> <p>9:30-11 Men's Support Group (V)</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>18</b></p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>1-2 Walking Group (OIP)</p> <p>2:30-3:30 Podcast "Complex Trauma Recovery" (V)</p> <p>3-5 NAMI Peer to Peer w/ Victoria (V)</p>	<p><b>19</b></p> <p>10-11:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V)</p> <p>11:30-12:30 Journaling (V)</p> <p>12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V)</p> <p>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>20</b></p> <p>10-11 Coping with Loss (V)</p> <p>11-12 Navigating Social Anxiety (IIP)</p> <p>12:30-1:30 Guided Meditation (V)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Young Adult Group (V)</p>	<p><b>21</b></p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>23</b></p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p><b>24</b></p> <p>9:30-11 Men's Support Group (V)</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Holistics (V)</p>	<p><b>25</b></p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>11:30-12:30 Grounding and Mindfulness (V)</p> <p>1-2 Walking Group (OIP)</p> <p>2:30-3:30 Memoir Group (V)</p> <p>3-5 NAMI Peer to Peer w/ Victoria (V)</p>	<p><b>26</b></p> <p>10-11:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V)</p> <p>11:30-12:30 Journaling (V)</p> <p>12:30-1:30 Yoga for Mental Wellness w/ Kolleen(V)</p> <p>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p><b>27</b></p> <p>10-11 Coping with Loss (V)</p> <p>11-12 Navigating Social Anxiety (IIP)</p> <p>12:30-1:30 Guided Meditation (V)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Young Adult Group (V)</p>	<p><b>28</b></p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p><b>30</b></p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p><b>31</b></p> <p>9:30-11 Men's Support Group (V)</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Holistics (V)</p>		<p>ENGAGE FOR EQUITY 5<sup>TH</sup> ANNUAL WOMEN'S MARCH AT MITCHELL PARK IN SLO ON SATURDAY THE 22<sup>ND</sup>. **PLEASE CALL TO RSVP**</p>	<p>MEMBERS &amp; EMPLOYEES WILL BE REQUIRED TO WASH/SANITIZE THEIR HANDS, WEAR A MASK AND PRACTICE SOCIAL DISTANCING. ANYONE WHO HAS EXPERIENCED RECENT SYMPTOMS OF COVID-19 CAN PARTICIPATE VIA ZOOM.</p>	<p><b>VIRTUAL GROUPS (V)</b></p> <p>PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p> <p><b>Outside In Person (OIP) &amp; Indoor In-Person Groups (IIP)</b></p> <p>For In Person Groups, please present proof of COVID-19 vaccination or a negative COVID-19 test from no longer than 7 days prior to attending the group.</p>