




Safe Haven July 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>VIRTUAL GROUPS (V) PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p>	<p>Members & Employees will be required to wash/sanitize their hands and wear a mask. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom.</p>	<p>Act as if what you do makes a difference. IT DOES! -William James</p>	 <p>Join us on July 20, 11-12 for CASRA workshop Tracy Harris, flautist, author: The Music of Madness, speaker and instructor for a lively and interactive discussion on wellness tools and strategies for self-advocacy.</p>	<p>1 SAFE HAVEN CLOSED</p>	<p>2 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6-7 CalHope Relapse Prevention (V)</p>
<p>4 12-1 Coping w/ Depression and Anxiety 3-4 Music Heals (V)</p>	<p>5 10-11 JOURNALING (V) 11-12 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5-6 CALHOPE CONNECT WELLNESS GROUP (V) 5-6:30 CALHOPE OVERWHELMING EMOTIONS (V)</p>	<p>6 9-10:30 CalHope Communication Skills and Boundaries (V) 10:15-11:30 Gentle Movement 12:30-1:45 Creative Expression: Needle Point 2:00-3:15 Grounding and Mindfulness</p>	<p>7 10-11 Earthing 10-12 Peer to Peer (V) 11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V) 12:30-1:30 Yoga w/ Kolleen (V) 2-3 Acting & Drama for Wellness with Justine Rea</p>	<p>8 2-3 Cultivating Self Love and Compassion (V) 3-4 Guided Meditation (V)</p>	<p>9 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6-7 CalHope Relapse Prevention (V)</p>
<p>11 12-1 Coping w/ Depression and Anxiety 1:30-2:30 Chronic Pain and Mental Health (V)</p>	<p>12 10-11 JOURNALING (V) 11-12 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5-6 CALHOPE CONNECT WELLNESS GROUP (V) 5-6:30 CALHOPE OVERWHELMING EMOTIONS (V)</p>	<p>13 9-10:30 CalHope Communication Skills and Boundaries (V) 10:15-11:30 Gentle Movement 12:30-1:45 Creative Expression: Beading 2:00-3:15 Grounding and Mindfulness</p>	<p>14 10-11 Earthing 10-12 Peer to Peer (V) 11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V) 12:30-1:30 Yoga w/ Kolleen (V) 2-3 Acting & Drama for Wellness with Justine Rea</p>	<p>15 10-11 Coping with Loss (V) 12:30-1:30 Intuitive Eating and Health 2-3 Cultivating Self Love and Compassion (V) 3-4 Guided Meditation (V)</p>	<p>16 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6-7 CalHope Relapse Prevention (V)</p>
<p>18 10:15-11:30 Andreini's Café 12-1 Coping w/ Depression and Anxiety 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p>19 10-11 JOURNALING (V) 11-12 Women's Group (V) 12:45-2 Building Healthy Boundaries 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5-6 CALHOPE CONNECT WELLNESS GROUP (V) 5-6:30 CALHOPE OVERWHELMING EMOTIONS (V)</p>	<p>20 9-10:30 CalHope Communication Skills and Boundaries (V) 11-12 CASRA: Be Your Own Best Friend and Advocate Presented by Tracy Harris (V) 12:30-1:45 Creative Expression: Water Color 2:00-3:15 Grounding and Mindfulness</p>	<p>21 10-11 Earthing 10-12 Peer to Peer (V) 11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V) 12:30-1:30 Yoga w/ Kolleen (V) 2-3 Acting & Drama for Wellness with Justine Rea</p>	<p>22 10-11 Coping with Loss (V) 12:30-3:30 "Come Together Right Now" Safe Haven Open House Celebration</p>	<p>23 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6-7 CalHope Relapse Prevention (V)</p>
<p>25 10:15-11:30 Andreini's Café 12-3 Beach Outing RSVP by calling 805-489-9659</p>	<p>26 10-11 JOURNALING (V) 11-12 Women's Group (V) 12:45-2 Building Healthy Boundaries 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5-6 CALHOPE CONNECT WELLNESS GROUP (V) 5-6:30 CALHOPE OVERWHELMING EMOTIONS (V)</p>	<p>27 SAFE HAVEN CLOSED</p>	<p>28 10-11 Earthing 10-12 Peer to Peer (V) 11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V) 12:30-1:30 Yoga w/ Kolleen (V) 2-3 Acting & Drama for Wellness with Justine Rea</p>	<p>29 10-11 Coping with Loss (V) 12:30-1:30 Intuitive Eating and Health 2-3 Cultivating Self Love and Compassion (V) 3-4 Guided Meditation (V)</p>	<p>30 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V) 6-7 Calhope Relapse Prevention (V)</p>