



Safe Haven July 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
VIRTUAL GROUPS (V) PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659 OUTSIDE IN PERSON (OIP) & IN PERSON (IP) FOR IN PERSON GROUPS, PLEASE PRESENT PROOF OF FULL COVID-19 VACCINATION OR A NEGATIVE COVID-19 TEST FROM NO LONGER THAN 72 HOURS PRIOR TO ATTENDING THE GROUP.	MEMBERS & EMPLOYEES WILL BE REQUIRED TO WASH/SANITIZE THEIR HANDS, WEAR A MASK AND PRACTICE SOCIAL DISTANCING. ANYONE WHO IS NOT FEELING WELL CAN PARTICIPATE VIA ZOOM.	PLEASE JOIN US TUESDAY JULY 12TH FROM 11:30-1:30 FOR THE TMHA COMMUNITY PICNIC IN CELEBRATION OF OUR MEMBERS! PLEASE CALL TO RSVP!	ONCE YOU CHOOSE HOPE, ANYTHING'S POSSIBLE. -CHRISTOPHER REEVE	SUCCESS IS NOT FINAL; FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS. -WINSTON S. CHURCHILL	1 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V)
3 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)	4 11:30-12:30 Depression & Anxiety (V) Hosted by Hope 1-2:30 Music Sharing (V) Hosted by Hope	5 10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Never Broken, w/ Dr. Gabor Maté & Jewel (V)	6 10-11:15 Book Club: "Atlas Of The Heart," by Brene Brown (V) 11:30-12:30 Journaling (V) 12-1 Seeking Safety (V) 12:30-1:30 Grief Yoga w/ Kolleen(V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)	7 10-11 Guided Meditation (V) 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)	8 3-4 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting: Racial Bias and Mental Health (V)
10 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)	11 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)	12 10:30-1:30 TMHA Community Picnic @ Cuesta Park (IP) Please call to RSVP	13 10-11:15 Book Club: "Atlas Of The Heart," by Brene Brown (V) 11:30-12:30 Journaling (V) 12-1 Seeking Safety (V) 12:30-1:30 Grief Yoga w/ Kolleen(V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)	14 10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)	15 10-11 Journaling (V) 11:30-12:30 Walking Group (OIP) 12:30-1:30 Andreini's Café (OIP) 3-4 Dual Recovery Anon. (V)
17 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)	18 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)	19 10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 1:30-3:30 Talks on Trauma: Women, Trauma & the Patriarchy w/ Dr. Gabor Maté, Jamie Lee Curtis, Elisa Hallerman PhD, JD, Ashley Judd, Mona Haydar (V)	20 10-11:15 Book Club: "Atlas Of The Heart," by Brene Brown (V) 11:30-12:30 Journaling (V) 12-1 Seeking Safety (V) 12:30-1:30 Grief Yoga w/ Kolleen(V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)	21 10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)	22 10-11 Journaling (V) 11:30-12:30 Walking Group (OIP) 12:30-1:30 Andreini's Café (OIP) 3-4 Dual Recovery Anon. (V)
24 SAFE HAVEN CLOSED	25 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)	26 10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Child-rearing That Does Not Traumatize w/ Darcia Narvaez, Gordon Neufeld, Kate Silverton, Muffy Mendoza & Dr. Gabor Maté(V)	27 10-11:15 Book Club: "Atlas Of The Heart," by Brene Brown (V) 11:30-12:30 Journaling (V) 12-1 Seeking Safety (V) 12:30-1:30 Grief Yoga w/ Kolleen(V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)	28 10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)	29 10-11 Journaling (V) 11:30-12:30 Walking Group (OIP) 12:30-1:30 Andreini's Café (OIP) 3-4 Dual Recovery Anon. (V)
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