







Life House November 2021

Atascadero Wellness Center 5850 West Mall St. Atascadero, CA 93422 (805)464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30-11 Men's Support Group	1-2 Women's Group (V)	11-12 Creative Writing (V)	12:30-1:30 Joy, on Purpose!	11-12 Lift Now (V)
hosted by CalHOPE (V)	2-3 Dual Recovery Anon (V)	12:30-1:30 Social Hour (V)	Strategies for Social Anxiety (V)	12:30-2 Craft & Chat (V)
10-11 Anger Management		2:30-3:30 Grief Support (V)	2-3 Healthy Boundaries (V)	*RSVP Monday for supplies & instructions
hosted by Victoria Meredith(V)	4		3-4 Young Adult Support Group	
2:30-3:30 Harmonic Holistic		1	hosted by	3-4 Dual Recovery Anon
Hosted by Safe Haven (V)	-	7	Hope House & Safe Haven (V)	hosted by Hope House (V)
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8	9	10	11	12
9:30-11 Men's Support Group	1-2 Women's Group (V)	11-12 Reiki (V)	3-4 Young Adult Support Group	11-12 Lift Now (V)
hosted by CalHOPE (V)	2-3 Dual Recovery Anon (V)	12:30-1:30 Social Hour (V)	hosted by	12:30-2 Craft & Chat (V)
10-11 Anger Management	6-7:30pm Healing Diverse	2:30-3:30 Grief Support (V)	Hope House & Safe Haven (V)	*RSVP Monday for supplies & instructions
hosted by Victoria Meredith(V)	Community forum (V)	100	40.	3-4 Dual Recovery Anon
2:30-3:30 Harmonic Holistic	(Contact the center for details)		///	hosted by Hope House (V)
Hosted by Safe Haven (V)	-6/3	The same of the same	Action 1	and the second s
15	16	17	18	19
9:30-11 Men's Support Group	12-1 Social Hour (V)	11-12 Chair Yoga (V)	12:30-1:30 Joy, on Purpose!	23
hosted by CalHOPE (V)	1-2 Women's Group (V)	12:30-1:30	Strategies for Social Anxiety (V)	Life House
10-11 Anger Management	2-3 Dual Recovery Anon (V)	Hunger	2-3 Healthy Boundaries (V)	
hosted by Victoria Meredith(V)	2 3 Budi Recovery Amon (v)	&	3-4 Young Adult Support Group	Closed
nosted by victoria increasin(v)	10-30	Homelessness Awareness	hosted by	3-4 Dual Recovery Anon
	ACCUPATION AND ADDRESS OF THE PARTY OF THE P	Discussion (V)	Hope House & Safe Haven (V)	hosted by Hope House (V)
	The state of the s	2:30-3:30 Grief Support (V)	nope nouse create nation (1)	,
	THE RESERVE TO THE PARTY OF THE		700	
22	23	24	25	26
9:30-11 Men's Support Group	10-12 Deliveries	10-12 Deliveries	Happy Thanksgiving!	Life House Closed.
hosted by CalHOPE (V)			Join the Wellness Centers	Please Join Hope House for:
10-11 Anger Management	12-1 Social Hour (V)	1-2 Gratitude Hour	12-1pm Nature Themed	11-12 Coffee Connection
hosted by Victoria Meredith(V)	1-2 Women's Group (V)	2-3 Baking with Amber	Grounding & Mindfulness	1:30-2:30 OCD Group
2:30-3:30 Harmonic Holistic	2-3 Dual Recovery Anon (V)	(Please RSVP by Nov. 17th)	2-3pm Autumn arts & Crafts	3-4 Dual Recovery Anon
Hosted by Safe Haven (V)	1907 / / / / / /		5:30-7pm Friendly Feast	hosted by Hope House (V)
29	30			
9:30-11 Men's Support Group	12-1 Social Hour (V)		"This is a wonderful	Virtual Groups (V)
hosted by CalHOPE (V)	1-2 Women's Group (V)	HUNGER		Please contact us for login
10-11 Anger Management	2-3 Dual Recovery Anon (V)	AHOME	day, I've never seen	
hosted by Victoria Meredith(V)		AWARENESS	it before."	information or to become
2:30-3:30 Harmonic Holistic	3000 (SSS)	WEEK	- Maya Angelou	(805)464-0512
Hosted by Safe Haven (V)	MANUFACTURE CO.	November 13th-21st	,	(555) 154 5512
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