

Atascadero Wellness Center

Life House

5850 West Mall Road, Atascadero

805-464-0512

October

2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you would like to become a member Call 805-464-0512 for an appointment</p>	<p>1</p> <p>10:00-11:00 Coffee with Friends 11:15-12:15 Games and Music 12:30-1:30 Center Up-Dates 1:45-2:45 Coping with Anxiety 3:00-4:00 Zen Coloring</p>	<p>2</p> <p>12:30-1:30 Lift Now Support Group 1:45-2:45 October Calendar Planning 3:00-4:00 Dual Recovery 5:00-8:30pm Suicide Prevention Form in Paso Robles</p>	<p>3</p> <p>10:00-10:30 Coffee w/Friends 10:30-11:00 Walking Group 11:00-12:00 Coping with Depression 12:15-1:00 November Calendar Planning 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p>	<p>4</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:30 Women's Group-Trader Joe's 1:30-3:00 Art Expression 3:00-4:00 Attitude of Gratitude</p>
<p>7</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee with Friends 11:00-12:00 Anger Management 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>8</p> <p>10:00-11:00 Coffee with Friends Earthquake & Fire Drill 11:15-12:15 Morning Yoga 12:30-3:00 Galaxy Movie Day 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p>	<p>9</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 Jewelry Making 1:45-2:45 Ted Talk & Discussion 3:00-4:00 Dual Recovery</p>	<p>10</p> <p>10:00-10:30 Coffee w/Friends 10:30-11:00 Walking Group 11:00-12:00 Coping with Depression 12:00-1:00 Tai Chi 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p>	<p>11</p> <p>Center Closed for Staff Training</p>
<p>14</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee with Friends 11:00-12:00 Anger Management 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>15</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Celebrate October Birthdays 12:15-1:15 Journaling Group 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p>	<p>16</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Yoga 4 Wellness 12:30-1:30 PTSD Support Group 1:45-2:45 Attitude of Gratitude 3:00-4:00 Dual Recovery</p>	<p>17</p> <p>10:00-10:30 Coffee w/Friends 10:30-11:00 Walking Group 11:00-12:00 Coping with Depression 12:00-2:00 Paso Bowl 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p>	<p>18</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:00 Art Expression 2:00-3:00 Hospice Grief Support 3:15-4:00 Center Clean-Up</p>
<p>21</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 10:00-11:00 Coffee with Friends 11:00-12:00 Anger Management 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>22</p> <p>10:00-11:00 Coffee with Friends 11:00-12:00 Morning Yoga 12:15-1:15 Mindful Moments 1:15-2:00 Creative Writing 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p>	<p>23</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 PTSD Support Group 1:45-2:45 Ted Talk & Discussion 3:00-4:00 Dual Recovery</p>	<p>24</p> <p>10:00-10:30 Coffee w/Friends 10:30-11:00 Walking Group 11:00-12:00 Coping with Depression 12:00-1:00 Tai Chi 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p>	<p>25</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-4:00 Cambria Scarecrows</p>
<p>28</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 10:00-11:00 Coffee with Friends 11:00-12:00 Anger Management</p>	<p>29</p> <p>10:00-11:00 Coffee with Friends 11:00-1:30 Visit Fall Foliage at Santa Margarita Lake 1:45-2:45 Coping with Anxiety 3:00-4:00 Zen Coloring</p>	<p>30</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Yoga 4 Wellness 12:30-1:30 PTSD Support Group 1:45-2:45 Attitude of Gratitude 3:00-4:00 Dual Recovery</p>	<p>31</p> <p>10:00-10:45 Coffee w/Friends 11:00-2:00 TMHA Halloween Costume Party 2:00-3:00 Music Sharing 3:00-4:00 Guided Meditation</p>	<p>October is National Bullying Prevention Month</p>