



Life House December 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member.</p> <p>(805) 464-0512</p> <p>IP - In Person V - Virtual</p>	<p>Please attend virtual groups if you have symptoms of or have been exposed to Covid.</p> <p>For In Person Groups (IP), please present proof of vaccination or a negative</p>	<p>1</p> <p>11-12 Creative Writing (V) 12:30-1:30 Social Hour (IP) 2:30-3:30 Grief Support (V)</p>	<p>2</p> <p>11-12 Coffee with Friends (IP) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 2-3 Healthy Boundaries (V) 3-4 Young Adult Support Group hosted by</p>	<p>3</p> <p>11-12 Lift Now (V) 12:30-2 FUNDAY Friday (IP) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>6</p> <p>9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith (V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p>	<p>7</p> <p>12-2 Galaxy Movie Theater Outing (IP) (Please RSVP) 12:30-1:30 Women's Group (IP) 2-3 Dual Recovery Anon (IP)</p>	<p>8</p> <p>11-12 Reiki (IP) 12:30-1:30 Social Hour (IP) 2:30-3:30 Grief Support (V)</p>	<p>9</p> <p>11-12 Coffee with Friends (IP) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p>	<p>10</p> <p>11-12 Lift Now (V) 12:30-2 FUNDAY Friday (IP) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>13</p> <p>9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith (V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p>	<p>14</p> <p>11-12 Social Hour (IP) 12:30-1:30 Women's Group (IP) 2-3 Dual Recovery Anon (IP)</p>	<p>15</p> <p>11-12 Creative Writing (V) 12:30-1:30 Social Hour (IP) 2:30-3:30 Grief Support (V)</p>	<p>16</p> <p>12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p>	<p>17</p> <p>3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>20</p> <p>9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith (V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p>	<p>21</p> <p>Holiday deliveries 11:30-3</p>	<p>22</p> <p>Holiday deliveries 11:30-3 2:30-3:30 Grief Support (V)</p>	<p>23</p> <p>11-12 Coffee with Friends (IP) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p>	<p>24</p> <p>Life House Closed. Kindness is like snow, it beautifies all it covers -Kahlil Gibran</p>
<p>27</p> <p>9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith (V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p>	<p>28</p> <p>11-12 Social Hour (IP) 12:30-1:30 Women's Group (IP) 2-3 Dual Recovery Anon (IP)</p>	<p>29</p> <p>11-12 Reiki (IP) 12:30-1:30 Social Hour (IP) 2:30-3:30 Grief Support (V)</p>	<p>30</p> <p>11-12 Coffee with Friends (IP) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 2-3 Healthy Boundaries (V) 3-4 Young Adult Support Group hosted by</p>	<p>31</p> <p>Life House Closed. 3-4 Dual Recovery Anon hosted by Hope House (V) 6:30-8PM New Years' Eve Music Sharing & Open Mic. Hosted by Hope House (V)</p>