

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday Evening Support Group@ Life House 1st & 3rd Monday 6:30-8:00 NAMI Family To Family</p> <p>2nd Monday Evening Book Club 6:30-8:00pm Family Love Connection A book Club for family members who struggle with mental health</p>	<p>1</p> <p>Center Closed for Holiday</p>	<p>2</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 12:00-1:00 New Year's Goals 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery 6:00-7:30 Evening Support Group for Veterans</p>	<p>3</p> <p>10:00-11:00 February Calendar Planning 11:00-12:00 Coping with Depression 12:30-3:30 Movie and Popcorn @ Life House 3:30-4:00 Office Hour</p>	<p>4</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 1:00-2:00 Women's Group 2:30-3:30 Sharing Wellness in Nature 3:30-4:00 Office Hour</p>
<p>7</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p>8</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>9</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:30 Jewelry Making Class 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery 6:00-7:30 Evening Support Group for Veterans</p>	<p>10</p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong w/Nancy 1:30-2:30 Art Group 2:30-3:30 Music Sharing 3:30-4:00 Office Hour</p>	<p>11</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-3:00 Mac & Cheese Fest and Speed Friending @ TMHA Warehouse 3:30-4:00 Office Hour</p>
<p>14</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p>15</p> <p>10:00-11:00 Coffee w/Friends Earthquake & Fire Drill 11:00-12:00 Celebrate January Birthdays 12:30-3:30 Galaxy Movie Day 3:30-4:00 Office Hour</p>	<p>16</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Music Group w/Sophie Emmons 12:00-1:00 Beginning Crochet 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery 6:00-7:30 Evening Support Group for Veterans</p>	<p>17</p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-3:00 Visit to the San Luis Obispo Mission and Downtown 3:30-4:00 Office Hour</p>	<p>18</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 1:00-2:00 Women's Group 2:30-3:30 Fun with Media 3:30-4:00 Office Hour</p>
<p>21</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p>22</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>23</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:30 Jewelry Making Class 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery 6:00-7:30 Evening Support Group for Veterans</p>	<p>24</p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-2:00 Art Group 2:30-3:30 Music Sharing 3:30-4:00 Office Hour</p>	<p>25</p> <p>Center Closed For Staff Training</p> 
<p>28</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group</p>	<p>29</p> <p>10:00-11:00 Coffee w/Friends 11:00-2:00 Visit to Cal-Poly Arboretum 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>30</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 12:00-1:00 Beginning Crochet 1:30-2:30 Smoking Cessation 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery 6:00-7:30 Evening Support Group for Veterans</p>	<p>31</p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-3:00 Paso Bowl 3:30-4:00 Office Hour</p>	<p>Life Happens Some Events/Activities are subject to Change</p> <p>Life House locks it doors 10 minutes after group/activity begins.</p>