




Life House November 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>2</p> <p>1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p>	<p>3</p> <p>11-12 Creative Writing (V) 12:30-1:30 Social Hour (V) 2:30-3:30 Grief Support (V)</p>	<p>4</p> <p>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 Hope House & Safe Haven (V)</p>	<p>5</p> <p>11-12 Lift Now (V) 12:30-2 Craft & Chat (V) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>8</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>9</p> <p>1-2 Women's Group (V) 2-3 Dual Recovery Anon (V) 6-7:30pm Healing Diverse Community forum (V) (Contact the center for details)</p>	<p>10</p> <p>11-12 Reiki (V) 12:30-1:30 Social Hour (V) 2:30-3:30 Grief Support (V)</p>	<p>11</p> <p>3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p>	<p>12</p> <p>11-12 Lift Now (V) 12:30-2 Craft & Chat (V) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>15</p> <p>9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith(V)</p>	<p>16</p> <p>12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p>	<p>17</p> <p>11-12 Chair Yoga (V) 12:30-1:30 Hunger & Homelessness Awareness Discussion (V) 2:30-3:30 Grief Support (V)</p>	<p>18</p> <p>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 Hope House & Safe Haven (V)</p>	<p>19</p> <p>Life House Closed 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>22</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>23</p> <p>10-12 Deliveries 12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p>	<p>24</p> <p>10-12 Deliveries 1-2 Gratitude Hour 2-3 Baking with Amber (Please RSVP by Nov. 17th)</p>	<p>25</p> <p>Happy Thanksgiving! Join the Wellness Centers 12-1pm Nature Themed Grounding & Mindfulness 2-3pm Autumn arts & Crafts 5:30-7pm Friendly Feast</p>	<p>26</p> <p>Life House Closed. Please Join Hope House for: 11-12 Coffee Connection 1:30-2:30 OCD Group 3-4 Dual Recovery Anon hosted by Hope House (V)</p>
<p>29</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>30</p> <p>12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p>		<p>"This is a wonderful day, I've never seen it before." - Maya Angelou</p>	<p>Virtual Groups (V) Please contact us for login information or to become a member (805)464-0512</p>