

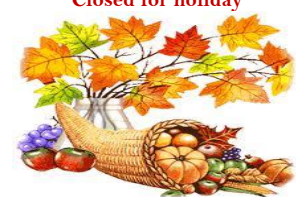


Life House November

2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life House 1st & 3rd Monday of each month 6:30-8:00 NAMI Family To Family Evening Support Group</p>	<p>Life Happens Some Events/Activities are subject to Change Life House locks it doors 10 minutes after group/activity begins.</p>	<p><i>Be Thankful</i> </p>	<p>International Survivors of Suicide Day November 16th</p>	<p>1 12:30-3:30 Rhythm of Recovery Awards @ Pismo Vet's (please RSVP)</p>
<p>4 Paso Robles Wellness Center Services 935 Riverside Ave. room #6 10:00-11:00 Coffee & Chat 11:00 12:00 Anger Management</p>	<p>5 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:00-1:30 Thrift Store Shopping 2:00-3:00 Coping with Anxiety 3:00-4:00 00 December Calendar Planning</p>	<p>6 10:00-11:00 Coffee w/Friends 11:00-12:00 Lift Now Support 12:30-1:30 PTSD Support 1:30-2:30 Mindful Meditation 3:00-4:00 Dual Recovery</p>	<p>7 10:00-11:00 Walking Group 11:00-12:00 Coping with Depression 1:00-2:00 Anger Management 2:30-3:30 Music Sharing 3:30-4:00 Current Events</p>	<p>8 11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-4:00 Avila Barn Outing</p>
<p>11 Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 10:00-11:00 Coffee & Chat 11:00 12:00 Anger Management</p>	<p>12 10:00-11:00 Coffee w/Friends Earthquake & Fire Drill 11:00-12:00 Celebrate November Birthdays 12:30-3:30 Galaxy Movie Day 3:30-4:00 Center Clean-Up</p>	<p>13 Closed For Staff Training</p>	<p>14 10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-3:00 Paso Bowl 1:00-2:00 Anger Management 3:00-4:00 Music Sharing</p>	<p>15 11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:00 Art Group (Pine Cone Turkeys) 2:00-3:00 Hospice Grief Support 3:00-4:00 Office Hour</p>
<p>18 Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 10:00-11:00 Coffee & Chat 11:00 12:00 Anger Management</p>	<p>19 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:00-1:30 Community Exploration <i>Center Closed 2:00pm</i></p>	<p>20 10:00-11:00 Coffee w/Friends 11:00-12:00 Lift Now Support 12:30-1:30 PTSD Support 1:30-2:30 Creative Writing 3:00-4:00 Dual Recovery</p>	<p>21 10:00-10:30 Coffee w/Friends 10:30-2:30 Open Art Studio @ TMHA 2:30-3:30 Music Sharing 3:30-4:00 Center Clean-Up</p>	<p>22 Closed For Staff Training</p>
<p>25 Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 10:00-11:00 Coffee & Chat 11:00 12:00 Anger Management</p>	<p>26 Gratitude Activities 10:00-12:00 Food Prep and Gratitude Activities 12:00 2:00 Potluck 2:00-3:00 Clean-up Please RSVP and bring a dish to share</p>	<p>27 10:00-11:00 Lift Now Support Group 11:00-12:00 Lift Now Support 12:30-1:30 PTSD Support 1:30-2:30 Board Games 3:00-4:00 Dual Recovery</p>	<p>29 Closed for holiday </p>	<p>30 Closed for holiday </p>