

Atascadero Wellness Center


Life House

5850 West Mall Road, Atascadero

805-464-0512

LIFE HOUSE DECEMBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Currently most groups are virtual Call for log on information.</p> <p>In Person Groups are indicated on the calendar with two stars ** If you wish to attend an in person group, please call the center to reserve a seat.</p>	<p>1</p> <p>11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group 2:00-3:00 **Dual Recovery 7pm-8pm WRAP Support Group</p>	<p>2</p> <p>11:00-12:00 Chair Yoga 12:30-1:30 People Empowering People 2:30-3:30 Grief Support</p>	<p>3</p> <p>11:00-1:00 Center Closed for Staff Training 2:00-3:00 Managing Anxiety/Depression</p>	<p>4</p> <p>**11:00-12:00 Season of Hope food and toy drive delivery to Fire Station 1:30-2:30 Lift Now Support Group</p>
<p>7</p> <p>10:00-11:00 Anger Management Support Group 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00pm NAMI Family Support</p>	<p>8</p> <p>11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group 2:00-3:00 **Dual Recovery 7pm-8pm WRAP Support Group</p>	<p>9</p> <p>11:00-12:00 **Reiki 12:30-1:30 People Empowering People 2:30-3:30 Grief Support</p>	<p>10</p> <p>11:00-12:00 Meditation Oasis 12:30-1:30 PTSD Support 2:00-3:00 Managing Anxiety/Depression</p>	<p>11</p> <p>11:00-12:30 Cook-a-Long w/Laurie (Call the Center for details) 1:30-2:30 Lift Now Support Group</p>
<p>14</p> <p>10:00-11:00 Anger Management Support Group 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>15</p> <p>Holiday Festivities for Members Contact Wellness Center for Details 2:00-3:00 **Dual Recovery 7pm-8pm WRAP Support Group</p>	<p>16</p> <p>Holiday Festivities for Members Contact Wellness Center for Details 2:30-3:30 Grief Support</p>	<p>17</p> <p>Holiday Festivities for Members Contact Wellness Center for Details 2:00-3:00 Managing Anxiety/Depression</p>	<p>18</p> <p>Holiday Festivities for Members Contact Wellness Center for Details 1:30-2:30 Lift Now Support Group</p>
<p>21</p> <p>10:00-11:00 Anger Management Support Group 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00pm NAMI Family Support</p>	<p>22</p> <p>11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group 2:00-3:00 **Dual Recovery 7pm-8pm WRAP Support Group</p>	<p>23</p> <p>11:00-12:00 Chair Yoga 12:30-1:30 Sharing Holiday Traditions 2:30-3:30 Grief Support</p>	<p>24</p> <p>Center Closed For Holiday</p>	<p>25</p>  <p>Happy Holidays</p>
<p>28</p> <p>10:00-11:00 Anger Management Support Group 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>29</p> <p>11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group 2:00-3:00 **Dual Recovery 7pm-8pm WRAP Support Group</p>	<p>30</p> <p>11:00-12:00 Chair Yoga 12:30-1:30 People Empowering People 2:30-3:30 Grief Support</p>	<p>31</p> <p>11:00-12:00 Meditation Oasis 12:30-1:30 PTSD Support 2:00-3:00 Managing Anxiety/Depression</p>	<p>In-Person Group Guidelines Members & Employees will be required to wash/sanitize their hands, wear a mask and practice social distancing. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom.</p>