



October 2020

Life House Wellness Center
5850 West Mall, Atascadero CA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Currently, most groups offered are Virtual Only. Please call for login information or to sign up as a new member. (805) 464-0512</p>	<p>In Person Groups are now being offered. These 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>COVID Safety Procedures Members & Employees will be required to wash/sanitize their hands and wear a mask while at the center. All members attending Life House activities must be a member.</p>	<p>1 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 1:00-12:00 PTSD Support Group 12:30-1:30 LifeHacks 4 Wellness 2:00-3:00 Managing Anxiety</p>	<p>2 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 Peer to Peer 10:00-12:00 RSVP ONLY 8 week series. Call today!! 1:30-2:30 'Lift Now' Support</p>
<p>5 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00PM NAMI Family Support</p>	<p>6 <u>IN PERSON GROUPS</u> <u>RSVP Only</u> **Walking Group 9:00 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group Calendar Planning 1:30-2:30</p>	<p>7 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 10:00-11:00 **Beginning Yoga 12:00-1:00 Fun with YouTube 2:30-3:30 Grief Support</p>	<p>8 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 11:00-12:00 PTSD Support Group 12:30-1:30 Meditation 2:00-3:00 Managing Depression</p>	<p>9 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 Peer to Peer 10:00-12:00 (Ongoing series) 1:30-2:30 'Lift Now' Support</p>
<p>12 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>13 <u>IN PERSON GROUPS</u> <u>RSVP Only</u> **Walking Group 9:00 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group</p>	<p>14 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 10:00-11:00 **Beginning Yoga 11:00-12:00 **Reiki 12:00-1:00 Fun with YouTube 2:30-3:30 Grief Support</p>	<p>15 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 11:00-12:00 PTSD Support Group 12:30-1:30 LifeHacks 4 Wellness 2:00-3:00 Managing Anxiety</p>	<p>16 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 Peer to Peer 10:00-12:00 (Ongoing series) 1:30-2:30 'Lift Now' Support</p>
<p>19 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00PM NAMI Family Support</p>	<p>20 <u>IN PERSON GROUPS</u> <u>RSVP Only</u> **Walking Group 9:00 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group</p>	<p>21 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 10:00-11:00 **Beginning Yoga 12:00-1:00 Fun with YouTube 2:30-3:30 Grief Support</p>	<p>22 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 11:00-12:00 pm PTSD Support Group 12:30-1:30 Meditation 2:00-3:00 Managing Depression</p>	<p>23 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 Peer to Peer 10:00-12:00 (Ongoing series) 1:30-2:30 'Lift Now' Support</p>
<p>26 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>27 <u>IN PERSON GROUPS</u> <u>RSVP Only</u> **Walking Group 9:00 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group</p>	<p>28 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 10:00-11:00 **Beginning Yoga 11:00-12:00 **Reiki 12:00-1:00 Fun with YouTube 2:30-3:30 Grief Support</p>	<p>29 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 11:00-12:00 PTSD Support Group 12:30-1:30 LifeHacks 4 Wellness 2:00-3:00 Managing Anxiety</p>	<p>30 <u>VIRTUAL GROUPS</u> **Walking Group 9:00 Peer to Peer 10:00-12:00 (Ongoing series) 1:30-2:30 Halloween Spooktakular</p>