



# Life House August 2020

5850 West Mall St. Atascadero

(805) 464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p> <p>6:30-8:00pm NAMI Family Support</p>	<p><b>4</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group</p>	<p><b>5</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 Music Sharing 12:00-1:00 pm Getting Organized 2:30-3:30 pm Grief Support</p>	<p><b>6</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety</p>	<p><b>7</b> <u>VIRTUAL GROUPS</u> 10:00-12:00 WRAP Class 12:00-1:00 pm One 2 One Tech Tips with Brandy Call to Schedule 1:30-2:30pm 'Lift Now' Support</p>
<p><b>10</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>11</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group Peer Advocacy &amp; Advisory Team Meeting - 4:00-5:30pm</p>	<p><b>12</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 Music Sharing 11:00-12:00 pm Reiki 12:00-1:00 pm Getting Organized 2:30-3:30 pm Grief Support</p>	<p><b>13</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00 pm Managing Anxiety</p>	<p><b>14</b> <u>VIRTUAL GROUPS</u> 10:00-12:00 WRAP Class 12:00-1:00 pm One 2 One Tech Tips with Brandy Call to Schedule 1:30-2:30pm 'Lift Now' Support</p>
<p><b>17</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p> <p>6:30-8:00pm NAMI Family Support</p>	<p><b>18</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group</p>	<p><b>19</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 Music Sharing 12:00-1:00 pm Getting Organized 2:30-3:30 pm Grief Support</p>	<p><b>20</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00pm Managing Anxiety</p>	<p><b>21</b> <u>VIRTUAL GROUPS</u> 10:00-12:00 WRAP Class 12:00-1:00 pm One 2 One Tech Tips with Brandy Call to Schedule 1:30-2:30pm 'Lift Now' Support</p>
<p><b>24</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>25</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 am The Morning Buzz 12:00-1:00 pm Women's Group Peer Advocacy &amp; Advisory Team Meeting - 4:00-5:30pm</p>	<p><b>26</b> <u>VIRTUAL GROUPS</u> 10:00-11:00 Music Sharing 11:00-12:00 pm Reiki 12:00-1:00 pm Getting Organized 2:30-3:30 pm Grief Support</p>	<p><b>27</b> <u>VIRTUAL GROUPS</u> 11:00-12:00 pm PTSD Support Group 12:30-1:30 pm Healthy Habits 2:00-3:00 pm Managing Anxiety</p>	<p><b>28</b> <u>VIRTUAL GROUPS</u> 10:00-12:00 WRAP Class 12:00-1:00 pm One 2 One Tech Tips with Brandy Call to Schedule 1:30-2:30pm 'Lift Now' Support</p>
<p><b>31</b> <u>VIRTUAL GROUPS</u> 10:00-1:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p>Currently, all groups offered are Virtual Only. Please call for login information or to sign up as a new member. (805) 464-0512</p>	<p>Members &amp; Employees will be required to wash/sanitize their hands and wear a mask while at the center. All members attending In- Person or Virtual Groups are required to register as a member to participate.</p>	<p>Members &amp; Employees are required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</p>	