

# December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group <b>Life House</b> 6:30-8:00 NAMI Family To Family Evening Support Group</p>	<p><b>4</b></p> <p>11:00-12:00 Yoga w/Kitty 12:00-1:00 Connecting with Friends</p> <p><b>1:00-5:00 TMHA Holiday Party @ Pismo Vets Hall (please RSVP)</b></p>	<p><b>5</b></p> <p>10:00-11:00 Lift Now Support Group 12:00-1:30 Beginning Crochet 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p> <p>6:00-7:30 Evening Support Group for Veterans</p>	<p><b>6</b></p> <p>10:00-11:00 January Calendar Planning 11:00-12:00 Coping with Depression 12:00-3:00 Visit to Morro Bay Shops and Embarcadero <b>3:30-4:00 Office Hour</b></p>	<p><b>7</b></p> <p><b>6:00pm-9:00pm The Nutcracker @ Cal Poly (Please RSVP)</b></p>
<p><b>10</b></p> <p><b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group <b>Life House</b> Evening Book Club 6:30-8:00pm Family Love Connection A book Club for family members who struggle with mental health</p>	<p><b>11</b></p> <p>10:00-11:00 Coffee w/Friends Earthquake &amp; Fire Drill 11:00-12:00 Celebrate December Birthdays 12:30-3:30 Galaxy Movie Day 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p><b>12</b></p> <p>10:00-11:00 Lift Now Support Group 11:00-12:30 Jewelry Making Class 12:30-1:30 Beginning Crochet 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p> <p>6:00-7:30 Evening Support Group for Veterans</p>	<p><b>13</b></p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong w/Nancy 1:30-2:30 Art Group 2:30-3:30 Music Sharing 3:30-4:00 Office Hour</p>	<p><b>14</b></p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 1:00-2:00 Women's Group Thrift Store Shopping (bring money if you plan to shop) 2:00-3:00 Hospice Grief Support 3:00-4:00 Office Hour</p>
<p><b>17</b></p> <p><b>Paso Robles Wellness Center Services</b> 935 Riverside Ave. Room #6 1:30-2:30 Coping with Anxiety and Depression 3:00-4:00 Living Mentally Well Support Group <b>Life House</b> 6:30-8:00 NAMI Family To Family Evening Support Group</p>	<p><b>18</b></p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:00-1:00 Current Events 1:00-2:00 Project Give @ The Tree of Life 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p><b>19</b></p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Music Group w/Sophie Emmons 12:00-3:00 Visit to Cambria Nursery Holiday Lights 3:00-4:00 Dual Recovery</p> <p>6:00-7:30 Evening Support Group for Veterans</p>	<p><b>20</b></p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:30 White Elephant Gift Exchange Party 1:30-2:30 Art Group 2:30-3:30 Music Sharing 3:30-4:00 Office Hour</p>	<p><b>21</b></p> <p></p> <p><b>Closed for Staff Training</b></p>
<p><b>24</b></p> <p><b>Closed for Holiday</b></p>	<p><b>25</b></p> <p></p> <p><b>Closed for Holiday</b></p>	<p><b>26</b></p> <p>10:00-11:00 Lift Now Support Group 11:00-12:30 Jewelry Making Class 12:30-1:30 Beginning Crochet 1:30-2:30 Zen Coloring 3:00-4:00 Dual Recovery</p> <p>6:00-7:30 Evening Support Group for Veterans</p>	<p><b>27</b></p> <p>10:00-10:30 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong w/Nancy 1:00-3:00 Paso Bowl 1:30-2:30 Bingo &amp; Popcorn 3:30-4:00 Office Hour</p>	<p><b>28</b></p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 1:00-2:00 Women's Group 2:00-3:30 Sharing Wellness In Nature Harmony Lavender Farms 3:00-4:00 Office Hour</p>
<p><b>31</b></p> <p><b>Closed for Holiday</b></p>	<p>Life Happens Some Events/Activities are subject to Change</p>	<p>Life House locks it doors 10 minutes after group/activity begins.</p>	<p><b>Smoking Cessation Support Group will resume in January 2019</b></p>	