
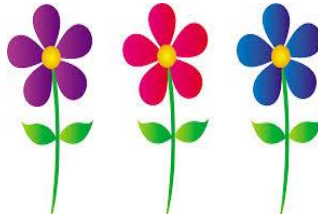



<p>1</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group</p> <p>Life House Wellness Center Monday Evening 1st & 3rd Monday 6:30-8:00 NAMI Family Support Group</p>	<p>2</p> <p>10:00-11:00 Coffee w/Friends Earthquake & Fire Drill 11:00-12:00 Celebrate April Birthdays 12:00-3:00 Galaxy Movie Day 3:00-4:00 Office Hour</p>	<p>3</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery (Paso Robles)Wellness Recovery Action Plan 3:00-5:00 pm 6:00-7:00pm Veterans Support Group</p>	<p>4</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 May Calendar and Open House Planning 12:00-3:30 Visit Spring Wildflowers</p>	<p>5</p> 
<p>8</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group</p>	<p>9</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>10</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:30 Jewelry Making 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery (Paso Robles)Wellness Recovery Action Plan 3:00-5:00 pm 6:00-7:00pm Veterans Support Group</p>	<p>11</p> <p>12:00-2:00 Women's Luncheon @ The Growing Grounds Farm in SLO (Please RSVP)</p>	<p>12</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:30-3:00 Art Group</p>
<p>15</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 3:00-4:00 Living Mentally Well Support Group</p> <p>Life House Wellness Center Monday Evening 1st & 3rd Monday 6:30-8:00 NAMI Family Support Group</p>	<p>16</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Attitude of Gratitude 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>17</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery (Paso Robles)Wellness Recovery Action Plan 3:00-5:00 pm 6:00-7:00pm Veterans Support Group</p>	<p>18</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong Healing Sounds 1:00-3:30 Picnic at the Atascadero Lake Park and Visit to the Zoo</p>	<p>19</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:00-2:00 Art Group 2:00-3:00 Grief Support Group</p>
<p>22</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group</p>	<p>23</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>	<p>24</p> <p>10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery (Paso Robles)Wellness Recovery Action Plan 3:00-5:00 pm 6:00-7:00pm Veterans Support Group</p>	<p>25</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:30-3:00 Paso Bowl 3:30-4:00 Office Hour</p>	<p>26</p> <p>11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:30-3:00 Art Group</p>
<p>29</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group</p>	<p>30</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Creative Expression for Stress management 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour</p>		<p>April is National Stress Awareness Month</p> 	<p>Life Happens Some Events/Activities are subject to Change Life House locks its doors 10 minutes after group/activity begins.</p>