



# Life House January 2022

Atascadero Wellness Center  
5850 West Mall St.  
Atascadero, CA 93422  
(805)464-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30-11 Men's Support Group hosted by CalHOPE <b>V</b></p> <p>10-11 Anger Management hosted by Victoria <b>V</b></p> <p>2:30-3:30 Harmonic Holistic Hosted by S.H. <b>V</b></p>	<p>4</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/Majida hosted by SH <b>V</b></p> <p>11-12 Calendar Planning <b>V</b></p> <p>12:30-1:30 Women's Group <b>IP</b></p> <p>2-3 Dual Recovery Anon <b>IP</b></p>	<p>5</p> <p>11-12 Healthy Habits <b>IP</b></p> <p>12:30-1:30 Social Hour <b>IP</b></p> <p>2:30-3:30 Grief Support <b>V</b></p>	<p>6</p> <p>12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety <b>V</b></p> <p>2-3 Healthy Boundaries &amp; assertive communication <b>V</b></p> <p>3-4 Y.A.S. hosted by H.H. &amp; S.H. <b>V</b></p>	<p>7</p> <p>11-12 Lift Now <b>V</b></p> <p>12:30-2 FUNDAY Friday <b>IP</b></p> <p>3-4 Dual Recovery Anon hosted by H.H. <b>V</b></p>
<p>10</p> <p>9:30-11 Men's Support Group hosted by CalHOPE <b>V</b></p> <p>10-11 Anger Management hosted by Victoria <b>V</b></p> <p>2:30-3:30 Harmonic Holistic Hosted by S.H. <b>V</b></p>	<p>11</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/Majida hosted by SH <b>V</b></p> <p>12-2 Galaxy Movie Theater <b>IP</b></p> <p>12:30-1:30 Women's Group <b>IP</b></p> <p>2-3 Dual Recovery Anon <b>IP</b></p> <p>3-5 Peer to Peer hosted by Victoria <b>V</b></p>	<p>12</p> <p>11-12 Reiki <b>IP</b></p> <p>12:30-1:30 Social Hour <b>IP</b></p> <p>2:30-3:30 Grief Support <b>V</b></p>	<p>13</p> <p>11-12 Coffee with Friends <b>IP</b></p> <p>12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety <b>V</b></p> <p>2-3 Healthy Boundaries &amp; assertive communication <b>V</b></p> <p>3-4 Y.A.S. hosted by H.H. &amp; S.H. <b>V</b></p>	<p>14</p> <p>11-12 Lift Now <b>V</b></p> <p>12:30-2 FUNDAY Friday <b>IP</b></p> <p>3-4 Dual Recovery Anon hosted by H.H. <b>V</b></p>
<p>17</p> <p>9:30-11 Men's Support Group hosted by CalHOPE <b>V</b></p> <p>10-11 Anger Management hosted by Victoria Meredith <b>V</b></p> <p>12 Unity walk in honor of Dr. MLK Paso Downtown Park hosted by Paso Robles Diversity <b>IP</b></p> <p>2:30-3:30 Harmonic Holistic Hosted by S.H. <b>V</b></p>	<p>18</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/Majida hosted by SH <b>V</b></p> <p>11-12 Social Hour <b>IP</b></p> <p>12:30-1:30 Women's Group <b>IP</b></p> <p>2-3 Dual Recovery Anon <b>IP</b></p> <p>3-5 Peer to Peer hosted by Victoria <b>V</b></p>	<p>19</p> <p>11-12 Healthy Habits <b>IP</b></p> <p>12:30-1:30 Social Hour <b>IP</b></p> <p>2:30-3:30 Grief Support <b>V</b></p>	<p>20</p> <p>11-12 Coffee with Friends <b>IP</b></p> <p>12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety <b>V</b></p> <p>2-3 Healthy Boundaries &amp; assertive communication <b>V</b></p> <p>3-4 Y.A.S. hosted by H.H. &amp; S.H. <b>V</b></p>	<p>21</p> <p>11-12 Lift Now <b>V</b></p> <p>12:30-2 Cook-a-long <b>V</b></p> <p>RSVP by Monday the 17th to participate</p> <p>3-4 Dual Recovery Anon hosted by H.H. <b>V</b></p>
<p>24</p> <p>9:30-11 Men's Support Group hosted by CalHOPE <b>V</b></p> <p>10-11 Anger Management hosted by Victoria <b>V</b></p> <p>2:30-3:30 Harmonic Holistic Hosted by S.H. <b>V</b></p>	<p>25</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/Majida hosted by SH <b>V</b></p> <p>11-12 Social Hour <b>IP</b></p> <p>12:30-1:30 Women's Group <b>IP</b></p> <p>2-3 Dual Recovery Anon <b>IP</b></p> <p>3-5 Peer to Peer hosted by Victoria <b>V</b></p>	<p>26</p> <p>11-12 Reiki <b>IP</b></p> <p>12:30-1:30 Social Hour <b>IP</b></p> <p>2:30-3:30 Grief Support <b>V</b></p>	<p>27</p> <p>11-12 Coffee with Friends <b>IP</b></p> <p>12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety <b>V</b></p> <p>2-3 Healthy Boundaries &amp; assertive communication <b>V</b></p> <p>3-4 Y.A.S. hosted by H.H. &amp; S.H. <b>V</b></p>	<p>28</p> <p>11-12 Lift Now <b>V</b></p> <p>12:30-2 FUNDAY Friday <b>IP</b></p> <p>3-4 Dual Recovery Anon hosted by H.H. <b>V</b></p>
<p>31</p> <p>9:30-11 Men's Support Group hosted by CalHOPE <b>V</b></p> <p>10-11 Anger Management hosted by Victoria <b>V</b></p> <p>2:30-3:30 Harmonic Holistic Hosted by S.H. <b>V</b></p>		<p>Life begins at the end of your comfort zone - Neale Donald Walsch</p>		<p>Please attend virtual groups if you have symptoms of or have been exposed to Covid.-19 For In Person Groups (<b>IP</b>), please present proof of vaccination or a negative Covid-19 test (within 7 days prior to attending).</p>
				<p>Call for login info or to sign up as a new member.</p> <p>(805) 464-0512</p> <p><b>IP - In Person</b></p> <p><b>V - Virtual</b></p>