



Life House July 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Sparkle so much that you could be a firework!</i></p>	<p>Members & Employees will be required to wash/sanitize their hands & wear a mask. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom</p>	<p><u>Virtual Groups (V)</u> Please contact us for log in information 805-464-0512</p>	<p>1 Life House Closed. See you Friday!</p>	<p>2 HAPPY 4TH OF JULY Summer BBQ Celebration (Call Life House to RSVP) 11:00-12:00 Macrame Activity 12:00-2:00 Food & Games 3:00-4:00 Dual Recovery Anon (V)</p>
<p>5 2:30-3:30 Harmonic Holistic w/Jamie Nicole (V) 5:00-6:00pm Cal Hope Wellness Group (V) 6:30-8:00pm NAMI Family to Family (V)</p>	<p>6 9:00-10:30 Cal Hope hosts(V) Communication skills & Boundaries 11:00-12:00 Social Hour 12:30-1:30 Women's Group 2:00-3:00 Dual Recovery</p>	<p>7 10:00-11:00 Wellness Wednesday 10:00-12:00 Peer to Peer (V) 11:00-12:00 Chair Yoga 12:30-1:30 Social Hour 2:30-3:30 Grief Support (V)</p>	<p>8 11:00-12:00 Cal Hope Mindfulness & Meditation 12:30-1:30 Drama class w/ Justine Rea 2:00-3:00 Healthy Boundaries (V)</p>	<p>9 11:00-12:00 Lift Now Support Gr. 12:30-2:00 Friday-Funday Arts/Crafts/Music Sharing 3:00-4:00 Dual Recovery Anon (V)</p>
<p>12 2:30-3:30 Harmonic Holistic w/Jamie Nicole (V) 5:00-6:00pm Cal Hope Wellness Group (V)</p>	<p>13 9:00-10:30 Cal Hope hosts(V) Communication skills & Boundaries 11:00-12:00 Social Hour 12:30-1:30 Women's Group 2:00-3:00 Dual Recovery</p>	<p>14 10:00-11:00 Wellness Wednesday 10:00-12:00 Peer to Peer (V) 11:00-12:00 Reiki 12:30-1:30 Social Hour 2:30-3:30 Grief Support (V) Door Step Deliveries</p>	<p>15 11:00-12:00 Cal Hope Mindfulness & Meditation 12:30-1:30 Drama class w/ Justine Rea 2:00-3:00 Healthy Boundaries (V) Door Step Deliveries</p>	<p>16 11:00-12:30 Cook-A-Long 3:00-4:00 Dual Recovery Anon (V)</p>
<p>19 2:30-3:30 Harmonic Holistic w/Jamie Nicole (V) 5:00-6:00pm Cal Hope Wellness Group (V) 6:30-8:00pm NAMI Family to Family (V)</p>	<p>20 9:00-10:30 Cal Hope hosts(V) Communication skills & Boundaries 11:00-12:00 Social Hour 12:30-1:30 Women's Group 2:00-3:00 Dual Recovery</p>	<p>21 10:00-11:00 Wellness Wednesday 10:00-12:00 Peer to Peer (V) 11:00-12:00 Chair Yoga 12:30-1:30 Social Hour 2:30-3:30 Grief Support (V)</p>	<p>22 11:00-12:00 Cal Hope Mindfulness & Meditation (V) 2:00-3:00 Healthy Boundaries (V)</p>	<p>23 11:00-12:00 Lift Now Support Gr. 12:30-2:00 Friday-Funday Arts/Crafts/Music Sharing 3:00-4:00 Dual Recovery Anon (V)</p>
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Cook A Long

Please RSVP by June 14th