






Life House June 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member at (805) 464-0512</p> <p>V—Virtual Group IP—In Person Events may change.</p>	<p><i>Hello June</i></p> <p><i>Joy finds you when you Understand your value & Nourish your need Even when it feels hard.</i></p>	<p>1 10:30-11:30 Creative Writing IP 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>2 9:30-10:30 Love & Care IP 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V 2-3 Chair Yoga IP</p>	<p>3 10-11 Lift Now V 3-4 DRA (Hope House)</p>
<p>6 10-11 Anger Management hosted by Victoria V 2:30-3:30 Harmonic Holistic Sound Bath V</p>	<p>7 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>8  10-2:30 SLO Botanical Garden Tour & Picnic IP (RSVP) 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>9 9:30-10:30 Love & Care IP (Inspirational Coasters) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V</p>	<p>10 10-11 Lift Now V 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 3-4 DRA (Hope House)</p>
<p>13 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping With Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>14 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V 10:30-11 Calendar Planning 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>15 10:30-11:30 Creative Writing IP 12-1 Attitude Of Gratitude IP 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>16 </p>	<p>17 10-11 Intuitive Inspirations IP 11-12 OCD Group IP 12:30-2 FUNDAY Friday IP 12:30-2 Grub Club IP 3-4 DRA (Hope House)</p>
<p>20 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping With Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>21 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V 11-2 Movie Showing: Member Choice IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>22 11-12 Reiki IP 12-1: LGBTQ+ Support V 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>23 9:30-10:30 Love & Care IP (Charles Paddock Zoo) 11-12 Center Clean Up IP 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V 2-3 Chair Yoga IP</p>	<p>24  Fun In The Sun: Morro Bay! 11-2:30pm (RSVP by 6/21)</p>
<p>27 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 11-12 Ted Talks IP 12-1 Coping With Anxiety and Depression V 2-3 Music Sharing IP</p>	<p>28 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida V 11-12 Meditation IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>29 11-12 Reiki IP 12:00-1:00 Skin Therapy IP 1:30-2:30 Creative Flow IP 2:30-3:30 SLO Hospice: Grief Support V</p>	<p>30 9:30-10:30 Love & Care IP 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V 2-3 Chair Yoga IP</p>	<p>For all In Person Groups, please present proof of full Covid-19 vaccination, including booster, or a negative Covid-19 test from within 72 hours prior to attending group.</p>