




Life House May 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>2:30-3:30 Harmonic Holistic w/Jamie Nicole (V)</p> <p>Monday Evening Group</p> <p>6:30-8:00pm NAMI Family to Family (V)</p> <p>5:00-6:00pm Wellness Group (V)</p>	<p>4</p> <p>11:00-1:00 Staff Training (CASRA)</p> <p>11:00-12:00 Voices and Visions (V)</p> <p>2:00-3:00 Dual Recovery (OIP)</p>	<p>5</p> <p>10:00-11:00 Wellness Wednesday (OIP)</p> <p>11:00-12:00 Reiki (OIP)</p> <p>12:30-1:30 Social Hour(OIP)</p> <p>2:30-3:30 Grief Support (V)</p> <p>12:00-3:00 Each Mind Matters swag bag deliveries</p>	<p>6</p> <p>12:30-1:30 Drama class w/ Justine Rea (V)</p> <p>5:00-6:00 Journey of Hope (Resource vender)</p> <p>6:00-8:00 Journey of Hope featuring Frank Warren of Postsecret</p>	<p>7</p> <p>11:00-12:00 Liff Now Support Gr. (V)</p> <p>12:30-2:00 Friday-Funday(OIP) Arts/Crafts/Music Sharing</p> <p>3:00-4:00 Dual Recovery Anon (V)</p>
<p>10</p> <p>2:30-3:30 Harmonic Holistic w/Jamie Nicole (V)</p> <p>5:00-6:00pm Wellness Group (V)</p>	<p>11</p> <p>11:00-12:00 Social Hour (OIP)</p> <p>11:00-12:00 Voices and Visions (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:00-3:00 Dual Recovery (OIP)</p> <p>2:00-3:00 Staff Self Care Session</p>	<p>12</p> <p>10:00-11:00 Wellness Wednesday (OIP)</p> <p>11:30-12:30 Chair Yoga (OIP)</p> <p>12:30-1:30 Social Hour(OIP)</p> <p>2:30-3:30 Grief Support (V)</p> <p>6:30-8:00pm Each Mind Matters Open Mic Night</p>	<p>13</p> <p>11:00-12:00 Healthy Boundaries (V)</p> <p>12:30-1:30 Drama class w/ Justine Rea (V)</p> <p>2:00-3:00 Managing Anxiety/Depression (V)</p>	<p>14</p> <p>11:00-12:00 Liff Now Support Gr. (V)</p> <p>12:30-2:00 Friday-Funday(OIP) Arts/Crafts/Music Sharing</p> <p>3:00-4:00 Dual Recovery Anon (V)</p>
<p>17</p> <p>2:30-3:30 Harmonic Holistic w/Jamie Nicole (V)</p> <p>(Please call Safe Haven (805) 489-9659 for login)</p> <p>Monday Evening Group (V)</p> <p>6:30-8:00pm NAMI Family to Family</p> <p>Please call (805) 674-8009</p> <p>5:00-6:00pm Wellness Group (V)</p>	<p>18</p> <p>11:00-12:00 Voices and Visions (V)</p> <p>(Please call Hope House (805) 541-6813 for login information)</p>	<p>19</p>	<p>20</p> <p>2:30-4:00pm Dr. Moreno's Group (V)</p> <p>(Please call Safe Haven (805) 489-9659 for login information)</p>	<p>21</p> <p>3:00-4:00 Dual Recovery Anon (V)</p> <p>(Please call Hope House (805) 541-6813 for login information)</p>
<p>24</p> <p>2:30-3:30 Harmonic Holistic w/Jamie Nicole (V)</p> <p>5:00-6:00pm Wellness Group (V)</p>	<p>25</p> <p>11:00-12:00 Social Hour (OIP)</p> <p>11:00-12:00 Voices and Visions (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:00-3:00 Dual Recovery (OIP)</p>	<p>26</p> <p>10:00-11:00 Wellness Wednesday (OIP)</p> <p>11:30-12:30 Chair Yoga (OIP)</p> <p>12:30-1:30 Social Hour(OIP)</p> <p>2:30-3:30 Grief Support (V)</p>	<p>27</p> <p>11:00-12:00 Healthy Boundaries (V)</p> <p>12:30-1:30 Drama class w/ Justine Rea (V)</p> <p>2:00-3:00 Managing Anxiety/Depression (V)</p>	<p>28</p> <p>11:00-12:00 Liff Now Support Gr. (V)</p> <p>12:30-2:00 Friday-Funday(OIP) Arts/Crafts/Music Sharing</p> <p>3:00-4:00 Dual Recovery Anon (V)</p>
<p>31</p> <p>Closed for Memorial Day</p> <p>Life happens! Calender, groups and activities are subject to change without notice.</p>	<p>Members & Employees will be required to wash/sanitize their hands, wear a mask and practice social distancing. nyone who has experienced recent symptoms of Covid-19 can participate via Zoom</p>	<p>Virtual Groups (V)</p> <p>Please contact us for log in information 805-464-0512</p> <p>Outdoor In-Person Groups (OIP)</p> <p>If you'd like to attend an outdoor in-person group, please call to reserve a seat.</p>	<p>MAY IS MENTAL HEALTH MATTERS MONTH</p> <p>#EachMindMatters</p> 	

In person groups are cancelled at Life House this week. We are offering virtual groups only.

MAY IS MENTAL HEALTH MATTERS MONTH #EachMindMatters

