



Life House October 2021

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>What you do <i>today</i> impacts someone's <i>tomorrow</i></p> <p>Bullying can hurt for a lifetime</p> | <p>Be the I in kind! Join us Oct. 14th for a Bully Awareness discussion</p> | <p><i>Pumpkin Wishes & Candy Corn Kisses</i></p> | <p>Virtual Groups (V) Please contact us for the login information (805)464-0512</p> <p>Call to schedule 1:1 Peer Support</p> | <p>¹ Life House Closed.</p> <p>3-4 Dual Recovery Anon hosted by Hope House (V)</p> |
| <p>⁴ 9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith(V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p> | <p>⁵ 12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p> | <p>⁶ 11-12 Reiki (V) 12:30-1:30 Social Hour (V) 2:30-3:30 Grief Support (V)</p> | <p>⁷ 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 2-3 Healthy Boundaries (V) 3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p> | <p>⁸ 11-12 Lift Now (V) 12:30-2 Craft & Chat (V) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p> |
| <p>¹¹ 9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith(V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p> | <p>¹² 12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p> | <p>¹³ 11-12 Chair Yoga (V) 11:30-12:30 Q&A w/Patients Rights Advocate, Claudia Lopez Hosted by Hope House 12:30-1:30 Social Hour (V) 2:30-3:30 Grief Support (V)</p> | <p>¹⁴ 11-12 Bully Awareness Discussion(V) 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 2-3 Healthy Boundaries (V) 3-4 Young Adult Support Group hosted by</p> | <p>¹⁵ 11-12 Lift Now (V) 12:30-2 Craft & Chat (V) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p> |
| <p>¹⁸ 9:30-11 Men's Support Group hosted by CalHOPE (V) 10-11 Anger Management hosted by Victoria Meredith(V) 2:30-3:30 Harmonic Holistic Hosted by Safe Haven (V)</p> | <p>¹⁹ 12-1 Social Hour (V) 1-2 Women's Group (V) 2-3 Dual Recovery Anon (V)</p> | <p>²⁰ 11-12 Creative Writing (V) 12:30-1:30 Social Hour (V) 2:30-3:30 Grief Support (V)</p> | <p>²¹ 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety (V) 2-3 Healthy Boundaries (V) 3-4 Young Adult Support Group hosted by Hope House & Safe Haven (V)</p> | <p>²² 11-12 Lift Now (V) 12:30-2 Craft & Chat (V) *RSVP Monday for supplies & instructions 3-4 Dual Recovery Anon hosted by Hope House (V)</p> |
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