

Atascadero Wellness Center

Life House

5850 West Mall Road, Atascadero

805-464-0512

September 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p>2</p> <p>Labor Day Paso Wellness Center Closed</p> <p>6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p> | <p>3</p> <p>10:00-11:00 Walking Group 11:15-12:15 Fun and Games 12:30-1:30 Getting Organized 1:45-2:45 Coping with Anxiety 3:00-4:00 Zen Coloring</p> | <p>4</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 October Calendar Planning 1:45-2:45 Smoking Cessation Support 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p> | <p>5</p> <p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:15-1:00 Mindful Moments 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p> | <p>6</p> <p>Center Closed for Staff Training</p> |
| <p>9</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 3:00-4:00 Living Mentally Well</p> | <p>10</p> <p>10:00-11:00 Walking Group Earthquake & Fire Drill 11:15-12:15 Morning Yoga 12:30-3:00 Galaxy Movie Day 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p> | <p>11</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 Jewelry Making 1:45-2:45 Smoking Cessation Support 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p> | <p>12</p> <p>10:00-10:45 Coffee w/Friends 10:45-11:45 Coping with Depression 12:00-1:00 Qigong Healing Sounds 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p> | <p>13</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:15-2:45 Art Expression 3:00-4:00 Music Sharing</p> |
| <p>16</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 3:00-4:00 Living Mentally Well</p> <p>6:30-8:00 NAMI Family Evening Support Group (at Atascadero Wellness Center)</p> | <p>17</p> <p>10:00-11:00 Walking Group 11:00-12:00 Celebrate September Birthdays 12:15-1:15 Fun and Games 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p> | <p>18</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 PTSD Support Group 1:45-2:45 Smoking Cessation Support 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p> | <p>19</p> <p>10:00-10:45 Coffee w/Friends 10:45-11:45 Coping with Depression 12:00-2:00 Paso Bowl 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p> | <p>20</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:15-3:45 Thrift Store Shopping</p> |
| <p>23</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 3:00-4:00 Living Mentally Well</p> | <p>24</p> <p>10:00-11:00 Walking Group 11:00-12:00 Morning Yoga 12:15-1:15 Mindful Moments 1:15-2:00 Dance Party 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p> | <p>25</p> <p>10:00-10:15 Coffee w/Friends 10:15-11:00 Lift Now Support Group 11:15-12:15 Community Exploration 12:30-1:30 PTSD Support Group 1:45-2:45 Smoking Cessation Support 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p> | <p>26</p> <p>10:00-10:45 Coffee w/Friends 10:45-11:45 Coping with Depression 12:00-1:00 Qigong Healing Sounds 1:00-3:00 Peer to Peer Training (RSVP) 3:00-4:00 Guided Meditation</p> | <p>27</p> <p>11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:00 Art Expression 2:00-3:00 Hospice Grief Support 3:15-4:00 Center Clean-Up</p> |
| <p>30</p> <p>Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 3:00-4:00 Living Mentally Well</p> | <p>If you would like to become a member, Call 805-464-0512 for an appointment</p> | <p>Life Happens! Some events/activities are subject to change</p> | <p>Sign up for "Peer to Peer" here at Life House starting Sept 5th through Oct 24th</p> | <p>September is National Recovery Month!!</p> |