

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life Happens Some Events/Activities are subject to Change Life House locks it doors 10 minutes after group/activity begins.</p>	<p>March is National Nutrition Month</p>			<p>1</p> <p>Center Closed For Staff Training</p>
<p>4 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 1:30-2:30 Coping with Anxiety & Depression 3:00-4:00 Living Mentally Well 6:30-8:00 NAMI Family To Family (at Atascadero Wellness Center)</p>	<p>5 10:00-11:00 Coffee w/Friends Earthquake & Fire Drill 11:00-12:00 Celebrate March Birthdays 12:00-3:00 Galaxy Movie Day</p>	<p>6 10:00-11:00 Lift Now Support Group 11:00-12:00 April Calendar Planning 12:00-1:00 Jewelry Making 1:30-2:30 Seeking Safety/PTSD 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p>	<p>7 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression (Expressing the Inner Child) 12:00-3:00 Visit to the Growing Ground Farms in SLO 3:30-4:00 Office Hour</p>	<p>8 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:30-2:30 Art Group 3:30-4:00 Office Hour</p>
<p>11 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 1:30-2:30 Coping with Anxiety & Depression 3:00-4:00 Living Mentally Well Evening Book Club 6:30-8:00pm (at Atascadero Wellness Center) A book Club for family members who struggle with mental health</p>	<p>12 10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety (Letting Go)</p>	<p>13 10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Seeking Safety/PTSD 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p>	<p>14 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression (Expressing the Inner Child) 12:00-1:00 Qigong Healing Sounds 1:30-3:30 Mindfulness & Meditation @ Community Center</p>	<p>15 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:30-2:30 Art Group 3:00-4:00 Office Hour</p>
<p>18 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 1:30-2:30 Coping with Anxiety & Depression 3:00-4:00 Living Mentally Well 6:30-8:00 NAMI Family To Family Evening Support Group (at Atascadero Wellness Center)</p>	<p>19 10:00-11:00 Coffee w/Friends 11:00-12:00 Creative Writing Group 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety (Letting Go)</p>	<p>20 10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Seeking Safety/PTSD 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p>	<p>21 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression (Expressing the Inner Child) 12:30-3:00 Paso Bowl 3:30-4:00 Office Hour</p>	<p>22 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:30-2:30 Art Group 3:30-4:00 Office Hour</p>
<p>25 Paso Robles Wellness Center Services 935 Riverside Ave Unit #6 1:30-2:30 Coping with Anxiety & Depression 3:00-4:00 Living Mentally Well</p>	<p>26 10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:30-1:30 Healthy Habits 2:00-3:00 Coping with Anxiety (Letting Go)</p>	<p>27 10:00-11:00 Lift Now Support Group 11:00-12:00 Morning Meditation 1:30-2:30 Seeking Safety/PTSD 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery 6:00-7:30pm Veterans Support Group</p>	<p>28 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression (Expressing the Inner Child) 12:00-1:00 Qigong Healing Sounds 1:30-3:30 Mindfulness & Meditation @ Community Center</p>	<p>29 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-2:00 Popcorn & Movie Day @ Life House (The Pursuit of Happiness) 2:00-3:00 Hospice Grief Support 3:30-4:00 Office Hour</p>