

Life House

Atascadero Wellness Center
580 West Mall Road, Atascadero
805-464-0512



January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1st & 3rd Monday 6:30-8:00 NAMI Family Support Group (at Atascadero Wellness Center)</p>	<p>Please call 805-464-0512 to make an appointment to become a member</p>	<p>Center Closed Wishing Everyone a Healthy and Happy New Year</p>	<p>10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 February Calendar Planning 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</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 New Year Resolutions 3:00-4:00 Music Sharing</p>
<p>6 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>7 10:00-11:00 Coffee with Friends Earthquake & Fire Drill 11:00-12:00 Creative Writing 12:00-3:00 Galaxy Movie Day 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p>	<p>8 10:00-11:00 Coffee w/Friends 11:00-12:00 Reiki w/Art Kuhns 12:30-1:30 PTSD Support Group 1:30-2:30 Jewelry Making 3:00-4:00 Dual Recovery</p>	<p>9 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Visit the Community Center 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</p>	<p>10 11:00-12:00 Coffee w/Friend 12:00-3:00 Visit to San Simon Elephant Seals 3:00-4:00 Center Clean-Up</p>
<p>13 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>14 10:00-11:00 Coffee with Friends 11:00-12:00 Celebrate January Birthdays 12:30-1:30 Creative Writing 2:00-3:00 Managing Anxiety 3:15-4:00 Zen Coloring</p>	<p>15 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>16 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Positive Pictionary 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</p>	<p>17 11:00-12:00 Coffee w/Friends 12:00-1:00 Women's Group 1:00-2:30 Art Expression 3:00-4:00 Music Sharing</p>
<p>20 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>21 10:00-11:00 Coffee with Friends 11:00-2:30 Visit to Morro Bay 3:00-3:30 Zen Coloring 3:30-4:00 Center Clean-Up</p>	<p>22 10:00-11:00 Coffee w/Friends 11:00-12:00 Reiki w/Art Kuhns 12:30-1:30 Lift Now Support Group 1:00-3:00 Ambassador Training 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>23 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-3:00 Paso Bowl 3:00-4:00 Guided Meditation</p>	<p>24 CENTER CLOSED STAFF TRAINING</p>
<p>27 Paso Robles Wellness Center Services 935 Riverside Ave. Unit #6 10:00-11:00 Coffee & Chat 11:00-12:00 Anger Management</p>	<p>28 10:00-11:00 Coffee with Friends 11:00-12:00 Attitude Of Gratitude 12:30-2:00 Positive Communication Skills 2:00-3:00 Managing Anxiety 3:00-4:00 Zen Coloring</p>	<p>29 10:00-11:00 Coffee w/Friends 11:00-12:00 Yoga w/Kitty 12:30-1:30 Lift Now Support Group 1:30-2:30 PTSD Support Group 3:00-4:00 Dual Recovery</p>	<p>30 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Healthy Smoothies 1:00-2:00 Anger Management 3:00-4:00 Guided Meditation</p>	<p>31 11:00-11:30 Coffee w/Friends 11:30-2:00 Open Art Studio @ TMHA 2:00-3:00 Grief Support Group 3:00-4:00 Music Sharing</p>

