



Safe Haven May 2021

Arroyo Grande Wellness Center "Safe Haven"
203 Bridge St. Arroyo Grande, CA 93420
(805) 489-9659

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>11:30-12:30 EMM Community Engagement (OIP)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p>3</p> <p>10:30-11:30 STAFF MEETING</p> <p>12:45-2 Building Healthy Boundaries (OIP)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p> <p>5-6 CALHOPE CONNECT WELLNESS GROUP (V)</p>	<p>4</p> <p>9-12:30 Staff Training CASRA</p> <p>11-12 Voices & Visions (V)</p> <p>1:30-2:30 Intuitive Eating and Health (V)</p> <p>2:45pm-4 Creative Expression: Water Color (OIP)</p>	<p>5</p> <p>10-11 Journaling (V)</p> <p>11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V)</p> <p>12:30-1:30 Yoga w/ Kolleen (V)</p> <p>2-3 Listening for the Insights with Zazz Daniel (V)</p>	<p>6</p> <p>9-12:30 Staff Training CASRA</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Guided Meditation (V)</p> <p>5-6 Virtual Resource Fair (V)</p> <p>6-8 Journey of Hope Frank Warren of PostSecret (V)</p>	<p>7</p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>9</p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>11:30-4:00 Safe Haven Staff Mental Health Matters Prep!</p>	<p>10</p> <p>10-2 Mental Health Matters Month Celebration (OIP)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p> <p>5-6 CALHOPE CONNECT WELLNESS GROUP (V)</p>	<p>16/11</p> <p>9:45-10:30 Safe Haven Staff Team Meeting</p> <p>11-12 Voices & Visions (V)</p> <p>10:30-4:00 Mental Health Matters Month Celebration (OIP)</p>	<p>12</p> <p>9-12:30 Staff Training CASRA</p> <p>11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V)</p> <p>12:30-1:30 Yoga w/Kolleen</p> <p>2-3 Listening for the Insights with Zazz Daniel (V)</p> <p>6:30-8 Open Mic Night (V)</p>	<p>13</p> <p>9-11 All Staff Meeting</p> <p>12-1:30 EMM Community Engagement (OIP)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Guided Meditation (V)</p>	<p>14</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>16</p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p>17</p> <p>10-11 JOURNALING (V)</p> <p>11-12 Womens Group (V)</p> <p>12:45-2 Building Healthy Boundaries (OIP)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p> <p>5-6 CALHOPE CONNECT WELLNESS GROUP (V)</p>	<p>18</p> <p>9:45-10:45 Safe Haven Staff Team Meeting</p> <p>11-12 Voices & Visions (V)</p> <p>11:45-1:00 Grounding and Mindfulness (OIP)</p> <p>1:30-2:30 Intuitive Eating and Health (V)</p> <p>2:45-4 Creative Expression: Needlepoint (OIP)</p>	<p>19</p> <p>10-11 Journaling (V)</p> <p>11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V)</p> <p>12:30-1:30 Yoga w/ Kolleen (V)</p> <p>2-3 Acting & Drama for Wellness with Justine Rea (V)</p>	<p>20</p> <p>9-10 Staff Meeting</p> <p>10:15-11:30 Walking Group (OIP)</p> <p>12:30-1:30 Coping with Loss (V)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Guided Meditation (V)</p>	<p>21</p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>23</p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p>24</p> <p>10-11 JOURNALING (V)</p> <p>11-12 Womens Group (V)</p> <p>12:45-2 Building Healthy Boundaries (OIP)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)</p> <p>5-6 CALHOPE CONNECT WELLNESS GROUP (V)</p>	<p>25</p> <p>9:45-10:45 Safe Haven Staff Team Meeting</p> <p>11-12 Voices & Visions (V)</p> <p>11:45-1:00 Grounding and Mindfulness (OIP)</p> <p>1:30-2:30 Intuitive Eating and Health (V)</p> <p>2:45-4 Creative Expression: Origami (OIP)</p>	<p>26</p> <p>10-11 Journaling (V)</p> <p>11-12 Book Club: "How To Do The Work," by The Holistic Psychologist (V)</p> <p>12:30-1:30 Yoga w/ Kolleen (V)</p> <p>2-3 Acting & Drama for Wellness with Justine Rea (V)</p>	<p>27</p> <p>9-10 Staff Meeting</p> <p>10:15-11:30 Walking Group (OIP)</p> <p>12:30-1:30 Coping with Loss (V)</p> <p>2-3 Cultivating Self Love and Compassion (V)</p> <p>3-4 Guided Meditation (V)</p>	<p>28</p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>30</p> <p>10:15-11:30 Andreini's Café (OIP)</p> <p>12-1 Coping w/ Depression and Anxiety (V)</p> <p>1:30-2:30 Chronic Pain and Mental Health (V)</p> <p>3-4 Music Heals (V)</p>	<p>31</p> <p>Safe Haven is Closed For Memorial Day</p> <p>"Change is not always planned. Growth can be powerful and empowering. It can also be uncomfortable. #HopeForChange reminds us to spread and rely on the hope that carried us through a year of change."</p> <p>Each Mind Matters</p>	<p>Members & Employees will be required to wash/sanitize their hands, wear a mask and practice social distancing. Anyone 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 805-489-9659</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>Join us for a Virtual JOURNEY OF HOPE</p> <p>Presented by Transitions- Mental Health Association</p> <p>Thursday, May 6th</p> <p>From 6:00pm-8:00pm</p> <p>With Frank Warren of PostSecret</p> <p>Please Register at:</p> <p>https://hopin.com/events/journey-of-hope</p>	<p>Be Proud of Your Unique Self</p> <p><i>Each Mind Matters</i></p>

May is Mental Health Matters Month #HopeForChange