









Safe Haven May 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10-11 Walking Group (OIP) 11-12 Andreini's Café (OIP) 1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>2</p> <p>10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5:30-6:30 Support for Suicide-Attempt Survivors Info Session (V)</p>	<p>3</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Self Expression & Mindfulness in Healing w/ Alanis Morissette (V)</p>	<p>4</p> <p>1:30-2:30 Living Well w/ Bipolar (V)</p> <p>May is Mental Health Awareness Month, How are you taking care of your Wellness?</p>	<p>5</p> <p>10-11 Guided Meditation (V) 1:30-3 Stamp Card Making (IP) 3-4 Earthing (OIP)</p>	<p>6</p> <p>10-11 Journaling (V) 3-4 Dual Recovery Anon. (V)</p>
<p>8</p> <p>1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>9</p> <p>10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5:30-6:30 Support for Suicide-Attempt Survivors Info Session (V)</p>	<p>10</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Building Intergenerational Trauma Sensitivity & Awareness (V)</p>	<p>11</p> <p>9-10 Safe Haven & County Clinic Tour (IP) 12-2 Peer to Peer (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V) 6-8 Journey of Hope w/ Chamique Holdsclaw (V)</p>	<p>12</p> <p>10-11 Guided Meditation (V) 11-12 Coping with Loss (V) 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)</p>	<p>13</p> <p>10-11 Journaling (V) 12-3 Hope House Open House (IP) Please call to RSVP</p>
<p>15</p> <p>1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>16</p> <p>10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5:30-6:30 Support for Suicide-Attempt Survivors Info Session (V)</p>	<p>17</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 1:30-3:30 Talks on Trauma: Sensitivity, Creativity, & Pain in a Traumatizing Culture w/ Sia (V)</p>	<p>18</p> <p>12-2 Peer to Peer (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>19</p> <p>Safe Haven Closed Open House Prep</p> 	<p>20</p> <p>10-11 Journaling (V) 12-3 Life House Open House (IP) Please call to RSVP</p>
<p>22</p> <p>1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>23</p> <p>10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5:30-6:30 Support for Suicide-Attempt Survivors Info Session (V)</p>	<p>24</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V)</p> 	<p>25</p> <p>12-2 Peer to Peer (V) 12:30-1:30 Grief Yoga w/Kolleen 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>26</p> <p>12-3 Safe Haven Open House: Healing in Community (IP)</p> <p>Healing in Community</p>   	<p>27</p> <p>3-4 Dual Recovery Anon. (V)</p> <p>"One of the marvelous things about Community is that it enables us to welcome and help people in a way we couldn't as individuals," Jean Vanier</p>
<p>29</p> <p>10-11 Walking Group (OIP) 11-12 Andreini's Café (OIP) 1-2 Coping w/ Depression and Anxiety (V) 2:30-3:30 Chronic Pain and Mental Health (V)</p>	<p>30</p> <p>10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group(V) 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) 5:30-6:30 Support for Suicide-Attempt Survivors Info Session (V)</p>	<p>31</p> <p>10-11 Raqs Sharqi The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: The Trauma in the Body of the World w/ V & Dr. Gabor Maté(V)</p>	<p>CELEBRATE MENTAL HEALTH AWARENESS MONTH WITH THE WELLNESS CENTERS AT OUR OPEN HOUSES!</p> <p>HOPE HOUSE IN SLO'S WILL BE FRIDAY THE 13TH, LIFE HOUSE IN ATASCADERO'S WILL BE FRIDAY THE 20TH, AND SAFE HAVEN IN AG WILL BE THURSDAY THE 26TH!</p>	<p>MEMBERS & EMPLOYEES WILL BE REQUIRED TO WASH/SANITIZE THEIR HANDS, WEAR A MASK AND PRACTICE SOCIAL DISTANCING. ANYONE WHO IS NOT FEELING WELL CAN PARTICIPATE VIA ZOOM.</p> <p>JOURNEY OF</p>  <p>Please Register & Join us for Journey of Hope on 5/11/22</p>	<p>VIRTUAL GROUPS (V) PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p> <p>OUTSIDE IN PERSON (OIP) & IN PERSON (IP) FOR IN PERSON GROUPS, PLEASE PRESENT PROOF OF FULL COVID-19 VACCINATION OR A NEGATIVE COVID-19 TEST FROM NO LONGER THAN 72 HOURS PRIOR TO ATTENDING THE GROUP.</p>