



Safe Haven November 2022

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>VIRTUAL GROUPS (V)</p> <p>PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659 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>	<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>1</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>1:30-3:30 Talks on Trauma: A Vision For Collective Healing w/ Dr. Gabor Mate and Fania Davis (V)</p>	<p>2</p> <p>9:45-10:45 Book Club: "Atlas Of The Heart" by Brene Brown (V) 11-12 Laughter Games w/ Marcia (V)</p> <p>12-1 Seeking Safety (V) 12:30-1:30 Chair Yoga (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)</p>	<p>3</p> <p>10-11 Coping with Loss (V)</p> <p>1:30-3 Crochet Collective (IP)</p>	<p>4</p> <p>10-11 Journaling (V)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>6</p> <p>11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>7</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries w/Mikie (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 Group for Suicide Attempt Survivors (V)</p>	<p>8</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) 11:30-12:30 Grounding and Mindfulness (OIP) 1:00-3:30 More than Books: Our Library and its Hidden Gems (V)</p> <p></p>	<p>9</p> <p>12-1 Seeking Safety (V) 12:30-1:30 Intuitive Yoga w/ Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V)</p>	<p>10</p> <p>10-11 Coping with Loss (V)</p>	<p>11</p> <p>11:30-2:00pm Gratitude Gathering @ Hope House 1306 Nipomo Street San Luis Obispo, CA 93401 3-4 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting (V)</p>
<p>13</p> <p>11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>14</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries w/ Mikie (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 Group for Suicide Attempt Survivors (V)</p>	<p>15</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V)</p> <p>1:30-3:30 Talks on Trauma: Deepening into our True Self w/ Judith Blackstone (V)</p>	<p>16</p> <p>11-12 Laughter Games w/ Marcia (V)</p> <p>12-1 Seeking Safety (V) 12:30-1:30 Chair Yoga (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)</p>	<p>17</p> <p>Safe Haven Closed</p>	<p>18</p> <p>10-11 Journaling (V)</p> <p>11:30-1:30 Andreini's Café & Stroll in the Village(OIP) 3-4 Dual Recovery Anon. (V)</p>
<p>20</p> <p>11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>21</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries w/Mikie (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 Group for Suicide Attempt Survivors (V)</p>	<p>22</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) 1:30-3:30 Safe Haven Friendsgiving Potluck</p> <p></p>	<p>23</p> <p>9:45-10:45 Book Club: "Atlas Of The Heart" by Brene Brown (V) 11-12 Laughter Games w/ Marcia (V)</p> <p>12-1 Seeking Safety (V) 12:30-1:30 Intuitive Yoga w/ Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V)</p>	<p>24</p> <p>10-11 Coping with Loss Through the Holidays (V) 10-11 Attitude of Gratitude (V) Life House 11-12 Breath work & Meditation for Gratitude (V) Hope House 12-2 Music Share (V) Life House 2:30-4:30 Connection Circle (V) Hope House</p>	<p>25</p> <p>10-11 Lift Now (V) (LH) 11-12 Mindfulness & Meditation (V) (HH) 1:00pm-2:00pm Trivia Hour(V) (HH) 3-4 Dual Recovery Anon. (V)</p> <hr/> <p>Saturday</p> <p>26</p> <p>10:00am-11:30am NAMI Family Support Group</p>
<p>27</p> <p>11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>28</p> <p>10-11 Anger Management Support (V)</p> <p>11-12 Building Healthy Boundaries w/Mikie (V) 12:30-1:30 Women's Group(IP) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>29</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: Coming Back to Yourself with Breath and Movement w/ Betsy Polatin (V)</p>	<p>30</p> <p>9:45-10:45 Book Club: "Atlas Of The Heart" by Brene Brown (V) 11-12 Laughter Games w/ Marcia (V)</p> <p>12-1 Seeking Safety (V) 12:30-1:30 Chair Yoga (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 Music Heals (V) 3-4 LGBTQIA+ Group (V)</p>	<p>TUESDAY, NOV 8TH EVENT:</p> <p>THE COUNTY OF SAN LUIS OBISPO WILL BE PRESENTING ON THE DIFFERENT PROGRAMS AND SERVICES THE LIBRARY OFFERS; INCLUDING OUR DIGITAL DOWNLOADABLE COLLECTIONS, JOB AND CAREER ASSISTANCE, AND THE MANY OTHER WAYS THE COUNTY OF SLO PUBLIC LIBRARIES CAN ASSIST YOU IN PERSON AND ONLINE.</p>	<p>"YOU HAVE THE POWER TO GIVE YOURSELF THE TYPE OF LOVE THAT YOU ALWAYS WANTED BUT ASSUMED COULD ONLY BE GIVEN TO YOU BY OTHERS"</p> <p><i>@MILLENNIAL.THERAPIST</i></p>