



Safe Haven November 2021

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happiness often sneaks in through a door you didn't know you left open. -John Barrymore</p>	<p>1 9:30-11 Men's Support Group (V) 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)</p>	<p>2 1-2 Navigating Social Anxiety (V) 2:30-3:30 Grounding and Mindfulness (V)</p>	<p>3 10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V) 12:30-1:30 Yoga w/ Kolleen(V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>4 11-12 *Walking and Talking w/ Tony 12:30-1:30 Guided Meditation (V) 2-3 Cultivating Self Love and Compassion (V) 3-4 Young Adult Group (V)</p>	<p>5 3-4 Dual Recovery Anon. (V)</p>
<p>7 10-11 Coffee Talk (V) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p>8 9:30-11 Men's Support Group (V) 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)</p>	<p>9 SAFE HAVEN CLOSED 6-7:30 Healing Diverse Communities Forum (V)</p>	<p>10 10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V) 12:30-1:30 Yoga w/ Kolleen(V)</p>	<p>11 10-11 Coping with Loss (V) 11-12 *Walking and Talking w/ Tony 3-4 Young Adult Group (V)</p>	<p>12 10-11 Journaling (V) 3-4 Dual Recovery Anon. (V)</p>
<p>14 10-11 Coffee Talk (V) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p>15 9:30-11 Men's Support Group (V) 10-11 Anger Management Support (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V)</p>	<p>16 1-2 Navigating Social Anxiety (V) 2:30-3:30 Grounding and Mindfulness (V)</p>	<p>17 11-12:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V) 12:30-1:30 Hunger & Homelessness Awareness Discussion (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>18 10-11 Coping with Loss (V) 11-12 *Walking and Talking w/ Tony 12:30-1:30 Guided Meditation (V) 2-3 Cultivating Self Love and Compassion (V) 3-4 Young Adult Group (V)</p>	<p>19 10-11 Journaling (V)</p>
<p>21 10-11 Coffee Talk (V) 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V) 3-4 Music Heals (V)</p>	<p>22 9:30-11 Men's Support Group (V) 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)</p>	<p>23 10-11 Memoir Group (V) 12-1 Podcast "Complex Trauma Recovery" (V) 1-2 Navigating Social Anxiety (V) 3-4:30 Chat with the Chief (V) Join us for an intimate talk with Chief Michael Martinez and Sargent Castillo of our AG Police Department.</p>	<p>24 10-11 Journaling (V) 11-12:15 Book Club: "The Gifts of Imperfection" by Brene Brown (V) 12:30-1:30 Yoga w/ Kolleen (V) 2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)</p>	<p>25 Day of Connection & Gratitude 12-1 Nature Themed Grounding and Mindfulness (V) 2-3 Autumn Arts and Crafts (V) 5:30-7 Friendly Feast (V) Happy Thanksgiving!</p>	<p>26 3-4 Dual Recovery Anon. (V)</p>
<p>28 12-1 Coping w/ Depression and Anxiety (V) 1:30-2:30 Chronic Pain and Mental Health (V)</p>	<p>29 9:30-11 Men's Support Group (V) 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)</p>	<p>30 10-11 Memoir Group (V) 12-1 Podcast "Complex Trauma Recovery" (V) 1-2 Navigating Social Anxiety (V) 2:30-3:30 Grounding and Mindfulness (V)</p>	<p>Join us Tuesday the 23rd for an intimate talk with Chief Michael Martinez and Sargent Castillo. Come share your thoughts about "Perception, Perspective, and Experience," with our local AG Police department.</p> 	<p>*WALKING & TALKING GROUP ON THURSDAYS MEET @ PARKING LOT AT THE END OF GRAND AVE IN GROVER BEACH QUESTIONS CONTACT TONY CLEMENTI (805) 459-1726</p>	<p>VIRTUAL GROUPS (V) PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659 PLEASE JOIN US THURSDAY THE 25TH FOR OUR SAFE HAVEN DAY OF CONNECTION & GRATITUDE!</p> 