



# Safe Haven October 2021

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

| Sunday                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                      | Tuesday                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                       | Friday                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|                                                                                                                                  | <b>VIRTUAL GROUPS (V)</b><br>PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659                                                                                                                                          | <b>*WALKING &amp; TALKING GROUP ON THURSDAYS</b><br>MEET @ PARKING LOT AT THE END OF GRAND AVE IN GROVER BEACH<br>QUESTIONS CONTACT TONY CLEMENTI (805) 459-1726  | "Life is like riding a bicycle. To keep your balance, you must keep moving."<br>-Albert Einstein                                                                                                                                                                     |                                                                                                             | <b>1</b><br>10-11 Journaling (V)<br>3-4 Dual Recovery Anon. (V)                                   |
| <b>3</b><br>10-11 Coffee Talk (V)<br>12-1 Coping w/ Depression and Anxiety (V)<br>1:30-2:30 Chronic Pain and Mental Health (V)<br>3-4 Music Heals (V)                                                            | <b>4</b><br>9:30-11 Men's Support Group (V)<br>10-11 Anger Management Support (V)<br>11-12 Building Healthy Boundaries (V)<br>12:30-1:30 Women's Group (V)<br>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V)  | <b>5</b><br>10-11 Memoir Group (V)<br>12-1 Podcast "Complex Trauma Recovery" (V)<br>1-2 Navigating social Anxiety (V)                                             | <b>6</b><br>10-11 Journaling (V)<br>11-12 Book Club: "The Gifts of Imperfection" by Brené Brown (V)<br>12:30-1:30 Yoga w/ Kolleen(V)<br>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)                                                      | <b>7</b><br>11-12 *Walking and Talking w/ Tony<br>12:30-1:30 Guided Meditation (V)<br>3-4 Young Adult Group (V)                                                                                | <b>8</b><br>10-11 Journaling (V)<br>3-4 Dual Recovery Anon. (V)                                   |
| <b>10</b><br>10-11 World Mental Health Day Discussion: Mental Health in an Unequal World (V)<br>12-1 Coping w/ Depression and Anxiety (V)<br>1:30-2:30 Chronic Pain and Mental Health (V)<br>3-4 Music Heals (V) | <b>11</b><br>9:30-11 Men's Support Group (V)<br>10-11 Anger Management Support (V)<br>11-12 Building Healthy Boundaries (V)<br>12:30-1:30 Women's Group (V)<br>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) | <b>12</b><br>10-11 Memoir Group (V)<br>12-1 Podcast "Complex Trauma Recovery" (V)<br>1-2 Navigating Social Anxiety (V)<br>2:30-3:30 Grounding and Mindfulness (V) | <b>13</b><br>10-11 Journaling (V)<br>11-12 Book Club: "The Gifts of Imperfection" by Brené Brown (V)<br>11:30-12:30 Q&A w/ Patient's Rights Advocate (V)<br>12:30-1:30 Yoga w/ Kolleen(V)<br>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V) | <b>14</b><br>11-12 *Walking and Talking w/ Tony<br>12:30-1:30 Guided Meditation (V)<br>2-3 Cultivating Self Love and Compassion (V)<br>3-4 Young Adult Group (V)                               | <b>15</b><br>10-11 Journaling (V)<br>3-4 Dual Recovery Anon. (V)                                  |
| <b>17</b><br>10-11 Coffee Talk (V)<br>12-1 Coping w/ Depression and Anxiety (V)<br>1:30-2:30 Chronic Pain and Mental Health (V)<br>3-4 Music Heals (V)                                                           | <b>18</b><br>9:30-11 Men's Support Group (V)<br>10-11 Anger Management Support (V)<br>11-12 Building Healthy Boundaries (V)<br>12:30-1:30 Women's Group (V)<br>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) | <b>19</b><br>1-2 Navigating Social Anxiety(V)<br>2:30-3:30 Grounding and Mindfulness (V)                                                                          | <b>20</b><br>10-11 Journaling (V)<br>11-12 Book Club: "The Gifts of Imperfection" by Brené Brown (V)<br>12:30-1:30 Yoga w/ Kolleen (V)<br>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)                                                    | <b>21</b><br>10-11 Coping with Loss (V)<br>11-12 *Walking and Talking w/ Tony<br>12:30-1:30 Guided Meditation (V)<br>2-3 Cultivating Self Love and Compassion (V)<br>3-4 Young Adult Group (V) | <b>22</b><br>10-11 Journaling (V)<br>3-4 Dual Recovery Anon. (V)                                  |
| <b>24</b><br>10-11 Coffee Talk (V)<br>12-1 Coping w/ Depression and Anxiety (V)<br>1:30-2:30 Chronic Pain and Mental Health (V)<br>3-4 Music Heals (V)                                                           | <b>25</b><br>9:30-11 Men's Support Group (V)<br>10-11 Anger Management Support (V)<br>11-12 Building Healthy Boundaries (V)<br>12:30-1:30 Women's Group (V)<br>2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Holistics (V) | <b>26</b><br>SAFE HAVEN CLOSED                                                                                                                                    | <b>27</b><br>10-11 Journaling (V)<br>11-12 Book Club: "The Gifts of Imperfection" by Brené Brown (V)<br>12:30-1:30 Yoga w/ Kolleen (V)<br>2-3 Joy, on Purpose! Strategies for Social Anxiety with Justine Rea (V)                                                    | <b>28</b><br>10-11 Coping with Loss (V)<br>11-12* Walking and Talking w/ Tony<br>12:30-1:30 Guided Meditation (V)<br>2-3 Cultivating Self Love and Compassion (V)<br>3-4 Young Adult Group (V) | <b>29</b><br>10-11 Journaling (V)<br>3-4 Dual Recovery Anon. (V)<br>8-9 TMHA Halloween Party! (V) |
| <b>31</b><br>SAFE HAVEN CLOSED                                                                                                                                                                                   |                                                                                                                                                                                                                             |                                                                                                                                                                   |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                |                                                                                                   |