

RLC Support Groups

Now on Zoom!

SANTA MARIA

Please contact (805)540-9434 for more information

**Practicing Gratitude
in Wellness**

Mondays 10:30 A.M.

Seeking Safety

Tuesdays 1:00 P.M.

**Anxiety and Depression
Support Group**

Thursdays 1:00 P.M.

***Coffee with Clara**

To RSVP a spot,
please call (805)928-0139

LOMPOC

Please contact (805)458-2674 for more information

***Coffee Time**

Mondays
9:00 A.M.

**Morning Mindfulness
with Brock**

Tuesdays 9:00 A.M. – 9:30 A.M.

**Bouncing Forward
with Sandy**

Tuesdays 10:00 A.M.

***Fun with Friends**

Tuesdays & Thursdays
11:00 A.M.

**Morning Mindfulness
with Sandy**

Thursdays 9:00 A.M. – 9:30 A.M.

**Serenity Group
with Silvia**

Fridays 1:00 P.M.

*Limited In Person Group. Please Call to RSVP a Spot.



You can become a member of the RLC by filling out a referral form, which can be found at www.t-mha.org