

# RLC Support Groups

Now on Zoom!

## SANTA MARIA

*please contact (805) 540-9434 for more information*

**Seeking Safety  
with Denisse G.**

Mondays  
1:00 P.M.-2:30 P.M.

**Creativity in Recovery  
with Clara**

Wednesdays  
1:00 P.M.

**WRAP Support Group with  
Gabriela Chavez and Tina De La Cruz**

Thursdays  
1:30 P.M.-3:00 P.M.

## LOMPOC

*please contact (805) 819-0460 for more information*

**Conéctate with Silvia**

Tuesdays  
6:00 P.M.

**Satur-Stay with Sandy**

Saturdays  
5:00 P.M.



You can become a member of the RLC by filling out a referral form, which can be found at [www.t-mha.org](http://www.t-mha.org).