Arroyo Grande Wellness Center
203 Bridge St. Arroyo Grande, CA

Safe Haven November 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED 9AM-12PM 1-2 Victory over OCD (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**3** 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH)	**4** 9-10 Morning Music Sharing (H) 10-11 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V)(LH) 1-2 Flow, Release, & Restore Yoga (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (V)(LH) 3-4 Coping w/ Loss (H)	**5** 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V)(LH)	**6** 10-11 Chronic Pain (H) 11-12 Sip & Support (H) 1-2 Ambassador Check-In (IP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V)(LH)
9 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**10** 10-11 Calendar Collaboration (H) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 3:15-4:15 Peace w/Food & Body (H) 2-3 Dual Recovery Anon.(H)(LH)	**11** 10-11 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V)(LH) 12:30-1:30 LGBTQ+ Group (H) 2-3 Peer Support Pop-In (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30 PAAT Meeting (IP)(HH) Depart SH @ 3pm	**12** 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V)(LH)	**13** 10-11 Chronic Pain (H) CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Dual Recovery Anon. (V)(LH)
16 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**17** 12pm-2pm Thanksgiving Feast @ Pavillion on the Lake RSVP by 11/13 Depart SH at 11:15am 2-3 Dual Recovery Anon.(V)(LH)	**18** 9-10 Morning Music Sharing (H) 10-11 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V)(LH) 12:30-1:30 LGBTQ+ Group (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (V)(LH) 3-4 Coping w/ Loss (H)	**19** 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3:30pm Center Rejuvenation (IP) 2-3 Voices & Visions (V) 3-4 Grief Support (V)(LH)	**20** 10-11 Chronic Pain (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V)(LH)
23 11-12 Mindful Monday (H) 1pm-3pm Outing to Price Historical Park Depart SH @ 12:45pm 4-5 Grupo de bienestar emocional (V)(HH) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**24** 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Peace w/Food & Body (H)	**25** 9-10 Morning Music Sharing (H) 10-11 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V)(LH) 12:30-1:30 LGBTQ+ Group (H) 2-3 Peer Support Pop-In (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30 PAAT Meeting (IP)(HH) Depart SH @ 3pm	**26** Center Closed For Thanksgiving	**27** Center Closed For Thanksgiving —Sat: 10-11:30 NAMI Group (IP)
30 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5-6:30 Support Group for Suicide Attempt Survivors (V)	GIVE THANKS "The more grateful I am, the more beauty I see" -Mary Davis	Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721	California Peer-Run Warm Line Mental Health Support 24/7 1(855)-600-9276