



Safe Haven February 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>GROUP KEY: Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): (H)</p>	<p>HOPE HOUSE (HH) 1306 NIPOMO ST, SLO 805-541-6813</p> <p>LIFE HOUSE (LH) 5850 W MALL ST, ATASCADERO 805-464-0512</p>	<p>"There are no strangers here; only friends you haven't yet met." —William Butler Yeats</p>	<p>1 10-11 Sexual Assault Survivors (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)</p>	<p>2 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>5 9:30-10:30 Eating Disorder Support (H) 10:30-11:30 Healthy Habits (H) 1:30-2:30 Crisis Survival Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>6 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 1-3 Joy of Painting (IP) 2-3 Dual Recovery Anon. (V) (LH)</p>	<p>7 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 10:30-11:30 Gentle Yoga w/Kolleen (H) 12-1 LGBT+ Lunch (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>8 10-11 Sexual Assault Survivors (H) 11-12 Women's Group (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)</p>	<p>9 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>12 9:30-10:30 Eating Disorder Support (H) 11-2 Unity Outing to Dinosaur Caves Park! RSVP for a ride! 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>13 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4:30 PAAT Meeting (H) @TMHA</p>	<p>14 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 12-1 LGBT+ Lunch (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>15 10-11 Sexual Assault Survivors (H) 11-12 Women's Group (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)</p>	<p>16 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>19 9:30-10:30 Eating Disorder Support (H) 10:30-11:30 Healthy Habits (H) 11:30-1:30 WRAP w/ Victoria 1:30-2:30 Crisis Survival Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>20 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 1-3 Joy of Painting (IP) 2-3 Dual Recovery Anon. (V) (LH)</p>	<p>21 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 10:30-11:30 Gentle Yoga w/Kolleen (H) 12-1 LGBT+ Lunch (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>22 10-11 Sexual Assault Survivors (H) 11-12 Women's Group (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)</p>	<p>23 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)</p>
				<p>24 Saturday 10-11:30 NAMI Family Support Group (IP)</p>
<p>26 9:30-10:30 Eating Disorder Support (H) 10:30-11:30 Healthy Habits (H) 11:30-1:30 WRAP w/ Victoria 1:30-2:30 Crisis Survival Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>27 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4:30 PAAT Meeting (H) @TMHA</p>	<p>28 9:30-10:30 Raqs Sharqi Dance (V) (LH) 12-1 LGBT+ Lunch (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>29 10-11 Sexual Assault Survivors (H) 11-12 Women's Group (H) 12:30-3 Leap Day Hang (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)</p>	<p>"A friend is someone who makes it easy to believe in yourself."</p>