



Safe Haven January 2024



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed See you tomorrow!	2 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH)	3 9:30-10:30 Gestures of Kindness (H) 9:30-10:30 Raqs Sharqi Dance (V) (LH) 1:30-2:30 Living Well w/ Bipolar (V) (HH)	4 10-11 Coping with Loss (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)	5 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding & Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
8 9:30-10:30 Healthy Habits (H) 10:30-11:30 Eating Disorder Support (H) 1:30-2:30 Mindfulness Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	9 10-11 Sexual Assault Survivors (H) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4:30 PAAT Meeting (H) @TMHA	10 9:30-10:30 Gestures of Kindness (H) 9:30-10:30 Raqs Sharqi Dance (V) (LH) 10:30-11:30 Gentle Yoga w/Kolleen (H) 12-1 LGBTQ+ Lunch (H) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 SLO Hospice Grief Support (V) (LH)	11 10-11 Coping with Loss (H) 11-12 Women's Group (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)	12 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding & Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
15 10:30-11:30 Eating Disorder Support (H) 1:30-2:30 Mindfulness Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	16 10-11 Sexual Assault Survivors (H) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 1-3 Joy of Painting (IP) 2-3 Dual Recovery Anon. (V) (LH)	17 9:30-10:30 Gestures of Kindness (H) 9:30-10:30 Raqs Sharqi Dance (V) (LH) 12-1 LGBTQ+ Lunch (H) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 SLO Hospice Grief Support (V) (LH)	18 10-11 Coping with Loss (H) 11-12 Women's Group (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 3-4 Braving Boundaries (H)	19 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding & Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
22 9:30-10:30 Healthy Habits (H) 10:30-11:30 Eating Disorder Support (H) 1:30-2:30 Mindfulness Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	23 10-11 Sexual Assault Survivors (H) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4:30 PAAT Meeting (H) @TMHA	24 9:30-10:30 Gestures of Kindness (H) 9:30-10:30 Raqs Sharqi Dance (V) (LH) 10:30-11:30 Gentle Yoga w/Kolleen (H) 12-1 LGBTQ+ Lunch (H) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 SLO Hospice Grief Support (V) (LH)	25 Center Closed for staff development See you tomorrow!	26 10-11 Chronic Pain & MH (V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding & Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
29 9:30-10:30 Healthy Habits (H) 10:30-11:30 Eating Disorder Support (H) 1:30-2:30 Mindfulness Skills (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 10-11 Sexual Assault Survivors (H) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 1-3 Joy of Painting (IP) 2-3 Dual Recovery Anon. (V) (LH)	31 9:30-10:30 Gestures of Kindness (H) 9:30-10:30 Raqs Sharqi Dance (V) (LH) 12-1 LGBTQ+ Lunch (H) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 SLO Hospice Grief Support (V) (LH)	HOPE HOUSE (HH) 1306 NIPOMO ST, SLO 805-541-6813 LIFE HOUSE (LH) 5850 W MALL ST, ATASCADERO 805-464-0512	27 Saturday 10-11:30 NAMI Family Support Group (IP)
				GROUP KEY: Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): (H)