



Safe Haven September 2023

CENTRAL COAST HOTLINE
 (800) 783-0607
CRISIS & MENTAL HEALTH SUPPORT 24/7

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Hope House (HH) HH Phone: (805) 541-6813 Life House (LH) LH Phone: 805-464-0512	Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): now shown as (H)/(H)	"Walk on, walk on With hope in your heart And you'll never walk alone"	"When enough people come together, then change will come and we can achieve almost anything. So instead of looking for hope— start creating it. " Greta Thunberg	"There is no power for change greater than a community discovering what it cares about" Margaret J. Wheatley	1 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression(H) 3-4 Dual Recovery Anon. (V)
3 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)	4 10-11 Monday Morning Walk (OIP) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support(H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	5 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)	6 11-12 Compassion Circle (H) (HH) 10:30-11:30 Self care w/Kolleen (IP) 12-1 LGBT+ Lunch (IP) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)	7 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Painting edition (IP)	8 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression(H) 3-4 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting (H) @TMHA
10 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)	11 11-1 WRAP (V) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support(H) 1:30-2:30 Skill building w/ DBT (H)	12 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)	13 11-12 Compassion Circle (H) (HH) 10:30-11:30 Self care w/Kolleen (IP) 12-1 LGBT+ Lunch (IP) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 Drum Circle at Hope House! RSVP for a Ride!	14 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Mindful coloring edition (IP)	15 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression(H) 3-4 Dual Recovery Anon. (V)
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24 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)	25 10-11 Monday Morning Walk (OIP) 11-1 WRAP (V) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support(H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	26 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)	27 10-12 Peer-to-Peer (V) 11-12 Compassion Circle (H) (HH) 12-1 LGBT+ Lunch (IP) 2:30-3:30 SLO Hospice Grief Support (V) (LH)	28 10-11 Coping with Loss (V) 10-11 Earthing (OIP) 11-1 Talks on Trauma (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Kitchen Sink edition(IP)	23 Saturday 10-11:30 NAMI Family Support Group (IP)
					29 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)