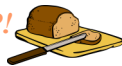


Santa Maria Wellness Center (SMWC)
225 E. Inger Drive Suite #101A
(805) 928-0139



August 2026

Mon	Tue	Wed	Thu	Fri	Sat
If you are interested in becoming a member, please call to schedule an orientation. https://www.t-mha.org/wellness-calendars.php			Center Hours, Activities, and Events are Subject to Change. Thank you!		1 Open 4 Outing 9-3pm Coffee w/ Friends @ Grover Beach Must RSVP & Bring \$ 
3 Family Services 12pm Online Family Support Group For Information Contact them at (805) 441-3325	4 Open Hours 10-4pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm	5 Open Hours 9-4pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Zucchini Walnut Bread Must RSVP! 	6 Open Hours 9-9pm No Stomping Out Anxiety 12pm Skill Building 4-9pm SLO Farmer's Market—Must RSVP & Bring \$	7 Open Hours 9-4pm 9:30am WHAM 10:30am-4pm Day in Cambria & Taco Temple—You Must RSVP!	8 
10 Family Services 12pm Online Family Support Group 	11 Open Hours 10-4pm No Food Bank Pick Up! 10am Center Beautification & Lunch	12 Open Hours 9-4pm 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed!	13 Open Hours 9-4pm 9:30am Stomping Out Anxiety 12pm Skill Building	14 Open Hours 9-4pm 10am WHAM 12pm Safety Drills & Protocols	15 
17 Family Services 12pm Online Family Support Group 	18 Open Hours 10-4pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens 	19 Open Hours 9-4pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-2pm Arts & Craft Group: Beads Art Must RSVP! 	20 Open Hours 9-4pm 9:30am Stomping Out Anxiety 12pm Skill Building	21 Open 4 Event Only 12:30-3pm BBQ Unity Event @ Waller Park You Must RSVP!	22 
24 Family Services 12pm Online Family Support Group	25 Open Hours 10-4pm No Food Bank Pick Up! 5-8pm Grupo En Español Con Banco de Comida	26 Open Hours 9-4pm 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking for Wellness	27 Open Hours 9-4pm 9:30am Stomping Out Anxiety 12pm Skill Building	28 Open Hours 9-4pm 10am WHAM 11:30-2pm Movie & Lunch	29 
31 Family Services 12pm Online Family Support Group					