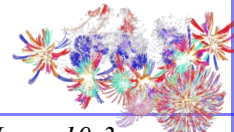
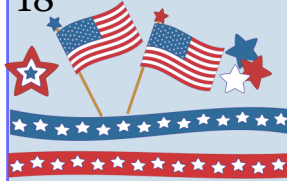


Santa Maria Wellness Center (SMWC)
225 E. Inger Drive Suite #101A
(805) 928-0139



July 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  		1 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Fruit cobbler—Must RSVP!	2 Open Hours 9-4pm No Stomping Out Anxiety 12pm Art Appreciation 4-9pm SLO Farmer's Market—Must RSVP & Bring \$	3 Open Hours 9-3pm 9:30am WHAM 10:30am-4pm Santa Barbara Zoo & Picnic—You Must RSVP!	4 
6 Family Services 12pm Online Family Support Group For Information Contact: Maria (805) 441-3325	7 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm 	8 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed!	9 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation 	10 Open Hours 9-3pm 10am WHAM 	11 Open 4 Outing 10-3pm Coffee w/ Friends @ Los Alamos - Must RSVP & Bring \$
13 Family Services 12pm Online Family Support Group 	14 Open Hours 10-3pm No Food Bank Pick Up! 10am Center Beautification & Lunch 	15 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-2pm Arts & Craft Group: pineapple Portrait- Must RSVP!	16 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation	17 Open Hours 9-3pm 10am WHAM 12pm Safety Drills & Protocols	18 
20 Family Services 12pm Online Family Support Group 	21 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm 	22 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12pm Boardgame day & Lunch	23 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation 	24 Open Hours 9-3pm 10am WHAM 12:30-4pm Paul Nelson Pool—Must RSVP & Bring \$3!	25 
27 Family Services 12pm Online Family Support Group 	28 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con/ Banco de Comida	29 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking for Wellness	30 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation	31 Open Hours 9-3pm 10am WHAM 11:30-2pm Movie & Lunch 	Center Hours, Activities, and Events are Subject to Change. Thank you!