




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



June 2026

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Family Services 12pm Online Family Support Group For Information Contact: Maria (805) 441-3325</p>	<p>2 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p> 	<p>3 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Strawberry Sheet Cake- Must Sign Up!</p>	<p>4 Open Hours 9-4pm No Stomping Out Anxiety 12pm Art Appreciation 4-9pm SLO Farmer's Market—Must RSVP & Bring \$</p>	<p>5 Open Hours 9-3pm 9:30am WHAM 10am-4pm Montana de Oro & Picnic- You Must RSVP!</p> 	<p>6 Open 4 Outing 10-3pm Coffee w/ Friends @ Santa Barbara- Must RSVP & Bring \$</p> 
<p>8 Family Services 12pm Online Family Support Group</p> 	<p>9 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p>	<p>10 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed!</p> 	<p>11 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation</p>	<p>12 Open Hours 9-3pm 10am WHAM 12pm Safety Drills & Protocols</p> 	<p>13</p> 
<p>15 Family Services 12pm Online Family Support Group</p> 	<p>16 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p>	<p>17 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-2pm Spring Craft Group: Popsicle Stick Vase- Must RSVP!</p>	<p>18 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation</p> 	<p>19 Open Hours 9-3pm 10am WHAM 12:30-4pm Paul Nelson Pool—Must RSVP!</p> 	<p>20</p> 
<p>22 Family Services 12pm Online Family Support Group</p> 	<p>23 Open Hours 10-3pm No Food Bank Pick Up! 10-12pm Center Beautification & Lunch</p>	<p>24 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking for Wellness</p> 	<p>25 Open Hours 9-3pm 9:30am Stomping Out Anxiety 12pm Art Appreciation</p>	<p>26 Open Hours 9-3pm 10am WHAM 11:30-2pm Movie & Lunch</p> 	<p>27</p> <p>SUMMER TIME</p>
<p>29 Family Services 12pm Online Family Support Group</p>	<p>30 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con/ Banco de Comida</p>	<p>If you are interested in becoming a member, please call to schedule an orientation. https://www.t-mha.org/wellness-calendars.php</p>		<p>Center Hours, Activities, and Events are Subject to Change. Thank you!</p>	