

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



March 2026

Mon	Tue	Wed	Thu 	Fri	Sat
<p>2 Family Services 12pm Online Family Support Group For Information Contact: Maria (805) 441-3325</p> 	<p>3 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p> 	<p>4 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 12:30-2pm Craft Group: St. Patrick's Wreaths— Must RSVP!</p> 	<p>5 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>6 Open 4 Event No Taking Action 11-4pm Santa Barbara Art Museum Must RSVP & Bring \$ for Lunch</p> 	<p>7 Open 4 Event 10-2pm Greenhouse Coffee Shop in Arroyo Grande. Must RSVP & Bring \$\$</p> 
<p>9 Family Services 12pm Online Family Support Group</p> 	<p>10 Open Hours 10-3pm No Food Bank Pick Up! 11am Bowl-A-Thon Mtg 12:30-3pm Dessert Making— Leprechaun Hats Cookies Must RSVP!</p> 	<p>11 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 12:30-3pm Baking Group— Irish Soda Bread</p> 	<p>12 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>13 Open 4 Event 12-2:30pm St. Patrick's Day Luncheon— Must RSVP!</p> 	<p>14</p> 
<p>16 Family Services 12pm Online Family Support Group</p> 	<p>17 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm Happy St. Patricks Day</p> 	<p>18 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 1-2:30pm Calendar Planning—Everyone is Welcomed!</p> 	<p>19 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Cooking Class. Create a Power Bowl</p> 	<p>20 Open Hours 10-3pm 10am Movie Day and Lunch</p> 	<p>21</p> 
<p>23 Family Services 12pm Online Family Support Group</p> 	<p>24 Open Hours 10-3pm No Food Bank Pick Up! 10-12pm Center Beautification & Lunch 5-8pm Grupo En Español Con/ Banco de Comida</p>	<p>25 Open Hours 9-3pm 10am Living Balance 11am Gratitude & Wellness 12pm Bowl-A-Thon Mtg (All Bowler Must be Attend) 1pm Walking for Wellness</p>	<p>26 Open Hours 9-3pm 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>27 Open Hours 9-3pm 10am Taking Action for Whole Health 11am Safety Drills & Protocols</p> 	<p>28</p>
<p>30 Family Services 12pm Online Family Support Group</p> 	<p>31 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p>	<p>Center Hours, Activities, and Events are Subject to Change. Thank you!</p> 	<p>If you are interested in becoming a member, please call to schedule an orientation.</p>	 <p>Transitions-Mental Health Association</p> <p>https://www.t-mha.org/wellness-calendars.php</p>	