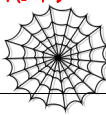


Santa Maria Wellness Center (SMWC)
225 E. Inger Drive Suite #101A
(805) 928-0139



October 2026

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change. Thank you!	The Center will be closed for building maintenance from Oct 5-10th. Our support groups will be held at Furukawa Office. Daily pick up for program will be at 9am. Please call 805-540-9434 for more information.		1 Open Hours 9-4pm No Stomping Out Anxiety 11am Skill Building 4:30-9pm SLO Farmer's Market—Must RSVP & Bring \$!	2 Open Hours 9-3pm 9:30am WHAM 10:30-4pm Solvang Scarecrow Festival—Must RSVP & Bring \$	3 CLOSED 
5 Family Services 12pm Online Family Support Group For Information-Contact Maggie at (805) 441-3325	6 No Open Hours No Food Bank Pick Up! 10am Halloween Craft 12:30pm Lunch & Visit to Spirit Halloween Store Must RSVP! 	7 No Open Hours 10am Gratitude & Wellness 11am Talk & Thrive 	8 No Open Hours 10 Stomping Out Anxiety 11am Skill Building 1pm Employment Workshop Hybrid Grp 	9 No Open Hours 10am WHAM 11am Avila Barn Picnic—Must RSVP! 	10 No Open Hours 9-3pm Coffee w/ Friends in Avila Beach—Must RSVP & Bring \$! 
12 Family Services 12pm Online Family Support Group 	13 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm 	14 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed!	15 Open Hours 9-1pm 9:30 Stomping Out Anxiety 11am Skill Building 	16 Open Hours 9-3pm 10am WHAM 12pm Safety Drills & Protocols 	17 Open Hours 9-3pm 
19 Family Services 12pm Online Family Support Group 	20 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm	21 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Halloween Treats- Must RSVP!	22 Open Hours 9-3pm 9:30 Stomping Out Anxiety 11am Skill Building 1pm Employment Workshop Hybrid Grp 	23 Open Hours 9-3pm 10am WHAM 11:30-2pm Halloween Movie & Lunch 	24 CLOSED 
26 Family Services 12pm Online Family Support Group 	27 Open Hours 10-3pm No Food Bank Pick Up! 12:30-2pm Carving Jack-O-lanterns—Must RSVP! 	28 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking 4 Wellness	29 Open Hours 9-3pm 9:30 Stomping Out Anxiety 11am Skill Building 1pm Employment Workshop Hybrid Grp	30 Open 4 Outing Only 11-3pm Halloween Party— You Must RSVP! 	31 CLOSED 