

Santa Maria Wellness Center
(SMWC)

225 E. Inger Drive Suite #101A

(805) 928-0139



September 2026

Mon	Tue	Wed	Thu	Fri	Sat
Center Hours, Activities, and Events are Subject to Change. Thank you!	1 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm 	2 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Grp: Rosemary Focaccia-Must RSVP!	3 Open Hours 1-4:30pm No Stomping Out Anxiety 4:30-9pm SLO Farmer's Market—Must RSVP & Bring \$ 	4 Open 4 Outing Only NO WHAM 10:30am-4pm Day of Treasure Hunting in Grover Beach & Lunch—Must RSVP & Bring \$	5 CLOSED 
7 Family Services 12pm Online Family Support Group For Information-Contact Maggie at (805) 441-3325	8 Open Hours 10-3pm No Food Bank Pick Up! 10am Center Beautification & Lunch 	9 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed! 	10 Open Hours 9-4pm 9:30am Stomping Out Anxiety 11am Skill Building 	11 Open Hours 9-1pm 10am WHAM 12pm Safety Drills & Protocols 	12 Open 4 Outing Only 9-3pm Coffee w/ Friends in SLO-Must RSVP & Bring \$ 
14 Family Services 12pm Online Family Support Group 	15 Open Hours 10-3pm 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm 	16 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30-2pm Arts & Craft Group: Flannel Pillow art-Must RSVP!	17 Open Hours 9-4pm 9:30am Stomping Out Anxiety 11am Skill Building 	18 Open 4 Event Only 10-2pm Day at The Beach Unity Event—Must RSVP! 	19 CLOSED 
21 Family Services 12pm Online Family Support Group 	22 Open Hours 10-3pm No Food Bank Pick Up! 	23 Open Hours 9-3pm 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking 4 Wellness	24 Open Hours 9-4pm 9:30am Stomping Out Anxiety 11am Skill Building	25 Open Hours 9-4pm 10am WHAM 11:30-2pm Movie & Lunch 	26 Open 4 Event Only 12-3pm Journey of Hope Must RSVP! 
28 Family Services 12pm Online Family Support Group 	29 Open Hours 10-3pm No Food Bank Pick Up! 5-8pm Grupo En Español Con Banco de Comida	30 Open Hours 9-4pm 10am Gratitude & Wellness 11am Talk & Thrive 12:30pm Decorate for Halloween & Lunch 	If you are interested in becoming a member, please call to schedule an orientation. https://www.t-mha.orgwellnesscalendars.php		 Transitions-Mental Health Association