



Safe Haven January 2023

Arroyo Grande Wellness Center "Safe Haven"
203 Bridge St. Arroyo Grande, CA 93420
(805) 489-9659

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11-12 Coping w/ Depression and Anxiety (V)</p> <p>12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>2</p> <p>10-11 Anger Management (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>3</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH)</p> <p>11:30-12:30 Grounding and Mindfulness (OIP)</p> <p>1:30-3:30 Talks on Trauma: The Importance of Holotropic States in Psychotherapy (V)</p>	<p>4</p> <p>9:45-10:45 Book Club: <i>The Atlas of the Heart</i> Documentary & Discussion (V)</p> <p>12:30-1:30 Yoga with Kolleen (V)</p> <p>1:30-2:30 Living Well w/ Bipolar (V)</p> <p>2-3 The Divergent Neurons (V)</p>	<p>5</p> <p>10-11 Coping with Loss (V)</p> <p>1:30-3 Art & Tea (IP)</p> <p>3-4 Earthing (OIP)</p>	<p>6</p> <p>10-11 Journaling (V)</p> <p>11-12 Self-Hypnosis (V)</p> <p>12:30-2:30 Andreini's Café & Stroll in the Village (OIP)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>8</p> <p>11-12 Coping w/ Depression and Anxiety (V)</p> <p>12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>9</p> <p>10-11 Anger Management (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>10</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH)</p> <p>11:30-12:30 Grounding and Mindfulness (OIP)</p> <p>1:30-3:30 Talks on Trauma: Tapping into the Body's Genius for Integration (V)</p>	<p>11</p> <p>12-1 Seeking Safety (V)</p> <p>12:30-1:30 Yoga for Joint Health (V)</p> <p>2-3 The Divergent Neurons (V)</p>	<p>12</p> <p>10-11 Coping with Loss (V)</p> <p>11-12 Music Heals (V)</p> <p>1:30-3 Crochet Collective (IP)</p> <p>3-4 Earthing (OIP)</p>	<p>13</p> <p>3-4 Dual Recovery Anon. (V)</p> <p>3-5pm PAAT Meeting (IP)</p>
<p>15</p> <p>11-12 Coping w/ Depression and Anxiety (V)</p> <p>12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>16</p> <p>10-11 Anger Management (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>17</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH)</p> <p>1:30-3:30 Talks on Trauma: Deepening into our True Self w/ Judith Blackstone (V)</p>	<p>18</p> <p>9:45-10:45 Book Club: <i>The Atlas of the Heart</i> Documentary & Discussion (V)</p> <p>12:30-1:30 Yoga with Kolleen (V)</p> <p>2-3 The Divergent Neurons (V)</p>	<p>19</p> <p>10-11 Coping with Loss (V)</p> <p>2-3 Music Heals (V)</p> <p>3-4 Earthing (OIP)</p>	<p>20</p> <p>10-11 Journaling (V)</p> <p>12:30-2:30 Andreini's Café & Stroll in the Village (OIP)</p> <p>3-4 Dual Recovery Anon. (V)</p>
<p>22</p> <p>Safe Haven Closed</p> <p>See you tomorrow!</p>	<p>23</p> <p>10-11 Anger Management (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>24</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH)</p> <p>11:30-12:30 Grounding and Mindfulness (OIP)</p>	<p>25</p> <p>9:45-10:45 Book Club: <i>The Atlas of the Heart</i> Documentary & Discussion (V)</p>	<p>26</p> <p>10-11 Coping with Loss (V)</p> <p>11-12 Music Heals (V)</p> <p>1:30-4 <i>Butterfly Grove Adventure</i></p>	<p>27</p> <p>10-11 Journaling (V)</p> <p>11-12 Self-Hypnosis (V)</p> <p>12:30-2:30 Andreini's Café & Stroll in the Village (OIP)</p> <p>3-4 Dual Recovery Anon. (V)</p> <p>11:30-12:30 LGBTQIA+ Group (V) (LH)</p> <p>3-4 Dual Recovery Anon. (V)</p>
					<p>28 Saturday</p> <p>10-11:30 NAMI Family Support Group</p>
<p>29</p> <p>11-12 Coping w/ Depression and Anxiety (V)</p> <p>12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>30</p> <p>10-11 Anger Management (V)</p> <p>11-12 Building Healthy Boundaries (V)</p> <p>12:30-1:30 Women's Group (V)</p> <p>2:30-3:30 Sound Bath w/Jamie Dubin (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>31</p> <p>10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH)</p> <p>11:30-12:30 Grounding and Mindfulness (OIP)</p> <p>1:30-3:30 Talks on Trauma: Being Present with Intergenerational Suffering and Strength (V)</p>	<p>VIRTUAL GROUPS (V)</p> <p>PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p> <p><u>OUTSIDE IN PERSON (OIP) & IN PERSON (IP)</u></p>	<p>Members and employees will be required to wash/sanitize their hands, wear a mask and practice social distancing. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom.</p>	<p>"In the depth of winter, I finally learned that within me lay an invincible summer." -- Albert Camus</p>