



Safe Haven February 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it." — Marianne Williamson</p>	<p>"Some people see scars, and it is wounding they remember. To me, they are proof of the fact that there is healing." — Linda Hogan</p>	<p>"I'm still learning to love the parts of me that no one claps for." — Rudy Francisco</p>	<p>1 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga with Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>2 1:30-3 Art & Tea (IP) 3-4 Earthing (OIP)</p>	<p>3 10-11 Journaling (V) 11-12 Self-Hypnosis (V) 12:30-2:30 Andreini's Café & Stroll in the Village (OIP) 3-4 Dual Recovery Anon. (V)</p>
<p>5 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>6 10-11 Anger Management (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>8 12:30-1:30 Yoga for Joint Health (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>9 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-3 Holiday Card Making (IP) 3-4 Earthing (OIP) 4-5 LGBTQIA+ Group (V) (HH)</p>	<p>10 3-4 Dual Recovery Anon. (V) 3-4:30pm PAAT Meeting (H) 4pm-7:30pm SLO Botanical Garden Light Exhibit Please RSVP (IP)</p>
<p>12 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>13 10-11 Anger Management (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>15 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga with Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>16 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-3 Crochet Collective (IP) 3-4 Earthing (OIP)</p>	<p>17 Safe Haven Closed See you on Monday 3-4 Dual Recovery Anon. (V)</p>
<p>19 Safe Haven Closed See you tomorrow!</p>	<p>20 10-11 Anger Management (V) 11-12 Building Healthy Boundaries (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>22 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga for Joint Health (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>23 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-4 BREAD MAKING with FRIENDS 4-5 LGBTQIA+ Group (V) (HH)</p>	<p>24 10-11 Journaling (V) 11-12 Self-Hypnosis (V) 11:30-12:30 LGBTQIA+ Group (V) (LH) 12:30-2:30 Andreini's Café & Stroll in the Village (OIP) 3-4 Dual Recovery Anon. (V) 3-4:30pm PAAT Meeting (H)</p>
				<p>25 Saturday 10-11:30 NAMI Family Support Group</p>	
<p>26 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>27 10-11 Anger Management (V) 11-12 Building Healthy Boundaries (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p><u>VIRTUAL GROUPS (V)</u> PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659 <u>OUTSIDE IN PERSON (OIP) & IN PERSON (IP)</u> <u>HYBRID, IN PERSON AND ZOOM (H)</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>"We don't heal in isolation, but in community." — S. Kelley Harrell</p>