

# Safe Haven Groups

Group Type Key:

Virtual groups (V), Virtual and In-Person Hybrid groups (H)  
In-Person groups (IP).

## Monday

### 11:00am-12:00pm: Mindful Monday (Hybrid: Virtual & In-Person)

Join us as we nourish our minds and bodies through mindfulness and movement! We will practice various forms of mindful movement in a way that is easy and accessible to all!

### 1:00pm-2:00pm: Roots of Resilience (Hybrid-Virtual & In-person)

This peer support group is designed to help individuals strengthen their ability to cope with everyday stress and life's challenges. The group focuses on building inner strength, emotional awareness, and healthy coping skills that create long-lasting resilience even when life feels overwhelming.

### 2:00pm-3:00pm: Women's Group (Hybrid: Virtual and In-Person)

Join us for an hour of **connection** and **support** in a **welcoming, affirming** space for anyone who identifies as a woman. Through **gentle discussion** and **reflection**, we'll share helpful practices, build community, and support one another in living more **balanced, fulfilling lives**. *This group is co-facilitated with our friends at Life House!*

### 3:00-4:00pm: Build Your Skills (Virtual)

Join us for the Build Your Skills Group: a virtual group focused on coping skills through the use of Dialectical Behavioral Therapy techniques, brought to you by our wonderful friends at Cal Poly!

## Tuesday

### 10:30am-11:30am: Chat & Chill (Hybrid: Virtual and In-Person)

This group provides a safe and judgement free space that encourages open conversations and connection. Whether you are looking for support, encouragement, or a space to just be, we've got you!

### 11:30am-12:30pm: Men's Group: (Hybrid: Virtual and In-Person)

A place for men to **connect, grow, and support** one another through life's challenges and successes. Building a **confidential** and **judgment free** space with the goal of reducing the stigma around men's mental health!

### 1:30-2:30pm: Ted Talk Tuesday (Hybrid: Virtual and In-Person)

Safe Haven, a TMHA Wellness Center, hosts **TED Talk Tuesday**, a group that explores powerful ideas related to mental health, personal growth, and overall wellness through engaging TED Talks that inspire insight and meaningful conversation.

## Wednesday

### **10:00am-11:00am: Wednesday Walk: (Outdoor In-Person)**

This casual morning walk is a chance to stretch your legs and connect with the earth and with each other!

### **2:00pm-3:00pm: Uplift Yourself (Hybrid: Virtual and In-Person)**

In this group we will explore the many different concepts of the self, such as self-worth, self-esteem, and self-compassion while encouraging individuals to reflect on the ways they view and treat themselves as we work towards reframing negative self-thought.

### **3:00pm-4:00pm: Coping with Loss: (Hybrid: Virtual and In-Person)**

This group provides a supportive space to reflect on and process the many losses we experience throughout life, including people, pets, opportunities, and changes in health, identity, and life circumstances. Wherever you are in your journey, we've got you!

## Thursday

### **1:00pm-2:00pm: Music Sharing: (Hybrid: Virtual & In-Person)**

Come share music and community in person at Safe Haven or virtually. This group can be just about the music or discussions and exercises around how music can be a part of our coping and healing.

**Meeting ID: 970 600 7513 (No Passcode)**

### **2:00pm-3:30pm: Art from the Heart (In-Person)**

Come join us in being creative with one another. We will have a plethora of mediums through which to express ourselves. Share in some community and stretch your creative muscles!

## Friday

### **10:00am-11:00am: Chronic Pain and Mental Health (Hybrid-Virtual & In-person)**

Join us for a supportive hour exploring how to understand chronic pain's impact on our mental health and manage pain in healthy ways.

### **11:00am-12:00pm: Sip & Stroll: (In Person)**

Join us for a morning walk around the historic Village of Arroyo Grande. Enjoy a beverage or snack from the Safe Haven, while socializing with peers on a leisurely walk.

### **1:00pm-2:00pm: Thriving with Anxiety and Depression: (Hybrid-Virtual & In-person)**

Thriving with Anxiety & Depression offers individuals a safe space to share experiences with anxiety and depression while receiving support from peers. We focus on building community through positive social relating, education and conversation.