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Safe Haven June 2025

Arroyo Grande Wellness Center
203 Bridge St. Arroyo Grande, CA



Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed 9-12:30 for Staff Meeting 1-2:00 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	3 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (V/HH)	4 11-12 Uplift Yourself (H) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 18-35 (H)(LH) 2:30-4 Job Seeker Workshop @ TMHA (IP) RSVP if interested	5 10-11 Mastering Meditation (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 4- 5pm LGBTQ+ (V) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	6 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2:00 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
9 10:30-11:30 Healthy Habits (H) 1-2:00 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	10 CENTER CLOSED 9am-12:30pm 12:30-2:00 Center Rejuvenation (IP) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (V/HH) 3-4:30 PAAT Meeting @ TMHA (H)	11 9:30 - 10:30 Wednesday Walk (OIP) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 35+ (V)(LH) 2:30-4 Job Seeker Workshop @ TMHA RSVP if interested	12 11-12 Calendar Collaboration (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (H) (LH) 5-6 Grupo de bienestar emocional (V)(HH)	13 10-11 Chronic Pain & Mental Health (V) 12-2 Outing to Oso Flaco Lake Depart SH at 11:30am RSVP for a ride 3-4 Dual Recovery Anon. (V) (HH)
16 1-2:00 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	17 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (V/HH)	18 11-12 Uplift Yourself (V) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 18-35 (H)(LH) 2:30-4 Job Seeker Workshop @ TMHA RSVP if interested	19 10-11 Mastering Meditation (V) 1-2 Music Sharing (V) 3-4 SLO Hospice Grief Support (V)(LH) 4- 5pm LGBTQ+ (V) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	20 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2:00 Anxiety & Depression (V) 3-4 Dual Recovery Anon. (V) (HH)
23 10:30-11:30 Healthy Habits (V) 1-2:00 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	24 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (V/HH) 3-4:30 PAAT Meeting @ TMHA (H)	25 9:30 - 10:30 Wednesday Walk (OIP) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 35+ (V)(LH) 2:30-4 Job Seeker Workshop @ TMHA RSVP if interested	26 1-2 Music Sharing (V) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (H) (LH) 5-6 Grupo de bienestar emocional (V)(HH)	27 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2:00 Anxiety & Depression (V) 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
30 1-2:00 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<u>Group Key:</u> Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721	California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276	<i>"True belonging doesn't require us to change who we are; it requires us to be who we are."</i> -Brene Brown