



# SAFE HAVEN OCTOBER 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
Currently, all groups offered are Virtual only Please call for login information or to sign up as a new member. (805)489-9659	Members and Employees are required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.	COVID-19 Procedures: members and employees are required to wash/sanitize their hands and wear a mask while at the center.	1 All Groups will be Virtual  10-11 Yoga and Light Movement 11:30-12 Music Heals 1-2 Grounding and Meditation 2-3 Navigating Social Anxiety	2 All Groups will be Virtual  10-11 Wellness Walk 10-12 Peer to Peer w/ Victoria Meredith 12-1 Managing Anger 2-4 Staff Training
5 All Groups will be Virtual  10-11 One on Ones 11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin	6 All Groups will be Virtual  10-11 Womens Group 12-1 Addiction and Mental Wellness 1-2 Inspirational People 2:30-3:30 Creative Expression	7 All Groups will be Virtual  10-11 Assertive Communication 11:30-12:30 Coping with Depression & Anxiety 2-3 Listening for the Gifts with Zazz Daniel	8 All Groups will be Virtual  10-11 Yoga and Light Movement 11:30-12 Music Heals 1-2 Grounding and Meditation 2-3 Navigating Social Anxiety	9 All Groups will be Virtual  10-11 Wellness Walk 10-12 Peer to Peer w/ Victoria Meredith 12-1 Managing Anger 1-2 One on Ones
12 All Groups will be Virtual  10-11 One on Ones 11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Social Hour/Calendar Brainstorming	13 All Groups will be Virtual  10-11 Womens Group 12-1 Addiction and Mental Wellness 1-2 Inspirational People 2:30-3:30 Creative Expression	14 All Groups will be Virtual  10-11 Assertive Communication 11:30-12:30 Coping with Depression & Anxiety 1-2 Wellness Wisdom 2-3 One on Ones	15 All Groups will be Virtual  10-11 Yoga and Light Movement 11:30-12 Music Heals 1-2 Grounding and Meditation 2-3 Navigating Social Anxiety	16 All Groups will be Virtual  10-11 Wellness Walk 10-12 Peer to Peer WRAP w/ Victoria Meredith 12-1 Managing Anger 1-2 One on Ones
19 All Groups will be Virtual  10-11 One on Ones 11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Social Hour	20 All Groups will be Virtual  10-11 Womens Group 12-1 Addiction and Mental Wellness 1-2 Inspirational People 2:30-3:30 Creative Expression	21 All Groups will be Virtual  10-11 Assertive Communication 11:30-12:30 Coping w/ Depression & Anxiety 2-3 Listening for the Gifts with Zazz Daniel	22 All Groups will be Virtual  10-11 Yoga and Light Movement 11:30-12 Music Heals 1-2 Grounding and Meditation 2-3 Navigating Social Anxiety	23 All Groups will be Virtual  10-11 Wellness Walk 10-12 Peer to Peer w/ Victoria Meredith 12-1 Managing Anger 1-2 One on Ones
26 All Groups will be Virtual  10-11 One on Ones 11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/Jamie Dubin of Harmonic Prana	27 All Groups will be Virtual  10-11 Womens Group 12-1 Addiction and Mental Wellness 1-2 Inspirational People 2:30-3:30 Creative Expression	28 All Groups will be Virtual  10-11 Assertive Communication 11:30-12:30 Coping w/ Depression & Anxiety 1-2 Wellness Wisdom 2-3 One on Ones 3-4 LGBTQIA + Living Well	29 All Groups will be Virtual  10-11 Yoga and Light Movement 11:30 - 12 Music Heals 1-2 Grounding and Meditation 2-3 Navigating Social Anxiety	30 All Groups will be Virtual  10-11 Wellness Walk 10-12 Peer to Peer w/ Victoria Meredith 12-1 Managing Anger 1:30-3:00 Halloween Spooktakular

