



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

Safe Haven October 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
Group Key: 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	1 9-10 Women's Group (H) 1-2 Music Sharing (H) 2-3 Voices & Visions (V) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (V)(HH)	2 10-11 Chronic Pain (H) 11:30-12:30 Ambassador Check-In @ Hope House (IP) 1:30-2:30 Peer Celebrations for Alex's Last Day! (H) 3-4 Dual Recovery Anon. (V) (HH)
5 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H)(HH) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	6 10am-1pm Unity Outing Pumpkin Patch & Painting Depart SH @ 9:30am 2-3 Dual Recovery Anon.(H)(LH)	7 9:30-10:30 Peer Support Pop-In (V) 10:30-11:30 Anxiety & Depression (H) 1-2 Flow, Release, & Restore Yoga (IP) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 2:30-3:30 Harmony Hub (V)(LH) 2:30-3:30 Coping w/ Loss (V)	8 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (H)(HH)	9 10-11 Chronic Pain (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH)
12 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H)(HH) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	13 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Peace w/Food & Body (H)	14 9:15-10:15 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V) 1-2 Roots of Resilience (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3:30-4:30 PAAT Meeting (IP)(HH) Depart SH @ 3pm	15 Center Closed For Staff Development 1-2 Job Seekers Workshop (H)(HH)	16 10-11 Chronic Pain (H) 11-12 Sip & Support (H) 1-3 Member Movie Day @ Hope House (IP) Depart from SH @ 12:30pm 3-4 Dual Recovery Anon. (V) (HH)
19 10:30am-1pm Coastal Creations in Cayucos Depart SH @ 9:30am RSVP for a ride 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	20 10-11 Calendar Collaboration (H) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH)	21 Center Closed For Staff Development 10:30-11:30 Anxiety & Depression (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH)	22 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (H)(HH)	23 10-11 Chronic Pain (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH)
26 11-12 Mindful Monday (H) 1-2 Victory Over OCD (H)(HH) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	27 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Peace w/Food & Body (H)	28 9:15-10:15 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (V) 1-2 Roots of Resilience (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3:30-4:30 PAAT Meeting (IP)(HH) Depart SH @ 3pm	29 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Job Seekers Workshop (H) 2-3 Voices & Visions (V) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (H)(HH)	30 12pm-2pm Halloween Party at Life House Depart SH @ 11:15am 3-4 Dual Recovery Anon. (V) (HH)