



Safe Haven

October 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><i>If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659</i></p>	<p>1</p> <p>10-11 Coping With Bipolar 11-12 Guided Meditation 12:30-3 Sound Bath Harmonic Prana with Jamie Dubin 3-4 Let's Get Spooked Decorate Safe Haven</p>	<p>2</p> <p>10-11:00 Women's Group 11:00-12:30 Calendar Brainstorm@ Andreini's Café 1-2 Coping with Depression 2-4 Walking for Wellness Bob Jones Trail</p>	<p>3</p> <p>10-11 Managing Anxiety 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 2:30-4 Music Heals</p>	<p>4</p> <p>10-11 Addiction and Mental Wellness 11-1 Elegant White Elephant Sale Bargains Galore! 1-2 Managing Anger 2-3 Mindful Meditation</p>	
<p>7</p> <p>Center Closed</p> <p>Please Join us for the Out of the Darkness Walk on Saturday, October 12th</p>	<p>8</p> <p>10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Out and About Lunch and Avila Valley Barn</p>	<p>9</p> <p>10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping with Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk</p>	<p>10</p> <p>10-11 Managing Anxiety 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:00 Poetry Collective 2-4 Ellen DeGeneres: Relatable</p>	<p>11</p> <p>Center Closed Staff Training</p>	<p>Saturday 12</p> <p>8:30-3:00 Out of the Darkness Walk Afternoon and Lunch in SLO</p>
<p>14</p> <p>10-11 Coping with Voices 11:30-12:30 Yoga with Megan 12:30-4 Santa Maria Del Taco and Halloween Costume shopping at Goodwill</p>	<p>15</p> <p>10-11 Coping With Bipolar 11-12 Guided Meditation 12-3 Kabobbing 3-4 Pit and Peach</p>	<p>16</p> <p>10-11 Women's Group 11-12 Qi Gong 1-2 Coping With Depression 2-4 Walking For Wellness: Bob Jones Trail</p>	<p>17</p> <p>10-11 Managing Anxiety 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 2:30-4 Music Heals</p>	<p>18</p> <p>10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>	<p>Saturday 19</p> <p>10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>21</p> <p>10-11 Coping with Voices 11:30 – 12:30 Yoga with Megan 12:30-1:30 The Grub Club 1:30-4 Sound Bath Harmonic Prana with Jamie Dubin</p>	<p>22</p> <p>10-11 Coping With Bipolar 11-3:30 Out and About Lunch and a Movie 3:30-4 Safe Haven Ambassador Meeting</p>	<p>23</p> <p>10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping With Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk</p>	<p>24</p> <p>10-11 Managing Anxiety 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 2:30-4 Music Heals</p>	<p>25</p> <p>10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>	
<p>28</p> <p>10-11 Coping with Voices 11:30-12:30 Yoga with Megan 1-2 The Grub Club 2-3 Share your Passion 3-4 Qi Gong</p>	<p>29</p> <p>10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Architecture Graveyard & Polluck Picnic</p>	<p>30</p> <p>10-11:30 Women's Group 11:30-12:30 Let's Get Spooked: Halloween Cookie Baking 1-2 Coping with Depression 2-4 Let's Get Spooked "Hocus Pocus"</p>	<p>31</p> <p>10-11 Managing Anxiety 11:00-2:30 Haunted Halloween Party 2:30-4 Music Heals</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. Doors close 10 minutes after group begins.</p>	