



# SAFE HAVEN SEPTEMBER 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>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.</b></p>	<p><b>1</b> All Groups will be Virtual</p> <p>10-11 Womens Group            1-2 Addiction and Mental Wellness            2:30-3:30 Creative Expression</p>	<p><b>2</b> All Groups will be Virtual</p> <p>10-11 Assertive Communication            12-1 Coping with Depression and Anxiety            2-3 One on Ones</p>	<p><b>3</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement            1-2 Grounding and Meditation            2-3 Navigating Social Anxiety</p>	<p><b>4</b> All Groups will be Virtual</p> <p>10-12 WRAP w/ Victoria Meredith            12-1 Managing Anger            1-2 Lets Do Lunch/Social Hour</p>	
<p><b>7</b> <b>Labor Day</b> Safe Haven Is closed</p> <p><b>"Place your Hand over your heart, can you feel it? That is called purpose." unknown</b></p>	<p><b>8</b> All Groups will be Virtual</p> <p>10-11 Womens Group            1-2 Addiction and Mental Wellness            2:30-3:30 Creative Expression</p>	<p><b>9</b> All Groups will be Virtual</p> <p>10-11 Assertive Communication            12-1 Coping with Depression and Anxiety            2-3 Listening for the Gifts with Zazz Daniel</p>	<p><b>10</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement            1-2 Grounding and Meditation            2-3 Navigating Social Anxiety</p>	<p><b>11</b> All Groups will be Virtual</p> <p>10-12 WRAP w/ Victoria Meredith  <b>Safe Haven Closed due to staff training</b></p>	
<p><b>14</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience            1:00-2:00 Cultivating Self Love and Self Compassion            2:30-3:30 Yoga and Light Movement</p>	<p><b>15</b> All Groups will be Virtual</p> <p>10-11 Womens Group            1-2 Addiction and Mental Wellness            2:30-3:30 Creative Expression</p>	<p><b>16</b> All Groups will be Virtual</p> <p>10-11 Assertive Communication            12-1 Coping with Depression and Anxiety            2-3 One on Ones</p>	<p><b>17</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement            1-2 Grounding and Meditation            2-3 Navigating Social Anxiety</p>	<p><b>18</b> All Groups will be Virtual</p> <p>10-12 WRAP w/ Victoria Meredith            12-1 Managing Anger            1-2 Lets Do Lunch/Social Hour</p>	<p><b>Sat 19</b> <b>Come join us on Monday for a Sound Bath</b></p>
<p><b>21</b> All Groups will be Virtual</p> <p>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</p>	<p><b>22</b> All Groups will be Virtual</p> <p>10-11 Womens Group            1-2 Addiction and Mental Wellness            2:30-3:30 Creative Expression</p>	<p><b>23</b> All Groups will be Virtual</p> <p>10-11 Assertive Communication            12-1 Coping with Depression and Anxiety            2-3 Listening for the Gifts with Zazz Daniel</p>	<p><b>24</b> All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement            1-2 Grounding and Meditation            2-3 Navigating Social Anxiety</p>	<p><b>25</b> All Groups will be Virtual</p> <p>10-12 WRAP w/ Victoria Meredith            12-1 Managing Anger            1-2 Lets Do Lunch/Social Hour</p>	
<p><b>28</b> All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience            1:00-2:00 Cultivating Self Love and Self Compassion            2:30-3:30 Yoga and Light Movement</p>	<p><b>29</b> All Groups will be Virtual</p> <p>10-11 Womens Group            1-2 Addiction and Mental Wellness            2:30-3:30 Creative Expression</p>	<p><b>30</b> All Groups will be Virtual</p> <p>10-11 Assertive Communication            12-1 Coping with Depression and Anxiety            2-3 One on Ones</p>		<p>MAKE THE CALL. ANY TIME.</p>	