



# Safe Haven November 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.</i> <b>(805)489-9659</b></p>		<p><b>Life Happens!</b> <b>All events subject to change!</b> <b>Please RSVP for all outings/events.</b> <b>Doors close 10 minutes after group begins.</b></p>		<p><b>1</b> 12:30-3:30 Rhythm of Recovery Awards  Pismo Vets Hall</p>
<p><b>4</b> 10-11 Men's Group 11-12:30 Calendar Brainstorm@ Café Andreini 1-2 Poetry Collective 2-4 Standup Comedy including Wanda Sykes special "Not Normal "</p>	<p><b>5</b> 10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Out and About Lunch &amp; Central Coast Archery</p>	<p><b>6</b> 10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping with Depression</p>	<p><b>7</b> 10-11 Managing Anxiety 11-12 The Precious Present Moment 12-1 The Grub Club 1-4 Thrifting</p>	<p><b>8</b> 10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
<p><b>11</b> 10-11 Men's Group 11-11:30 Grub Club 11:30 – 12:30 Yoga with Megan 1-1:30 Poetry Collective 2-4 Harmonic Prana w/ Jamie Dubin  <b>Safe Haven salutes all our Veterans</b></p>	<p><b>12</b> 10-11 Coping With Bipolar 11-12 Guided Meditation 12-2 Cooking Class: Sage Pumpkin Pasta with Kale and Buttered Pecans 2-3 Cleansing Safe Haven 3-4 Coping With Voices</p>	<p><b>13</b> <b>Safe Haven closed for Staff Training</b>  <b>World Kindness Day do something kind for someone!</b></p>	<p><b>14</b> 10-11 Managing Anxiety 11-12 The Precious Present Moment 12-1 Yoga With Carol 1:00-1:30 Grub Club 1:30 -3:30 WRAP 3:30-4 Music Heals</p>	<p><b>15</b> 10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
				<p><b>Saturday 16</b>  10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p><b>18</b> 10-11 Men's Group 11:30 – 12:30 Yoga with Megan 1-2 Welcoming Healthy Communication 2-3 Poetry Collective 3-4 Safe Haven Ambassador Meeting</p>	<p><b>19</b> 10-11 Coping With Bipolar 11-12 Guided Meditation 12-3:00 Safe Haven Friendsgiving Potluck 3-4 Coping With Voices</p>	<p><b>20</b> 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: Bob Jones Trail/Gopher Glen</p>	<p><b>21</b> 10-11 Managing Anxiety 11-2 Open Art Studio@ TMHA 1:30-3:30 WRAP 3:30-4 Welcoming Healthy Communication</p>	<p><b>22</b>  <b>Safe Haven Closed for Staff Training</b></p>
<p><b>25</b> 10-11 Men's Group 11-11:30 Grub Club 11:30 – 12:30 Yoga with Megan 12:30-1:30 Poetry Collective 2-4 Harmonic Prana with Jamie Dubin</p>	<p><b>26</b> 10-11 Coping With Bipolar 11:00 – 3 Wellness Centers Thanksgiving Gratitude Potluck @ Life house 3-4 Coping With Voices</p>	<p><b>27</b> 10-11:30 Women's Group 11:30-12:30 Poetry Collective 1-2 Coping with Depression 2-3 Expressing Gratitude</p>	<p><b>28</b>  <b>Thanksgiving Safe Haven Closed Enjoy the Holiday</b></p>	<p><b>29</b>  <b>Safe Haven Closed</b></p>