



December 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3</p> <p>10-11 Coping with Voices 11-12:30 Coffee Talk @café Andreini and Calendar Brainstorm 1-3 Shopping for Decorations and Decorating the Center</p>	<p>4</p> <p>11-2 Holiday Party Set Up 2-5 TMHA Holiday Party</p>	<p>5</p> <p>10-11 Women's Group 11-1 Pismo Outlet Mall 1-2 Coping with Depression 2-4 Get Your Dreidel On! Come celebrate Chanukah with: Latkes, Menorahs, Gelt, & Spin the Dreidel</p>	<p>6</p> <p>10:30-11:30 Combating Loneliness 12-1 Yoga 1-2 Coping with Stigma 2:30-4:30 Peer to Peer</p>	<p>7</p> <p>4pm-10pm Dinner and Theater Ft. The Nutcracker</p>	
<p>10</p> <p>10-11 Coping with Voices <u>11:30-12:30 Listening for the</u> <u>Gifts with Zazz Daniel</u> 1-2 Yoga 2-3 Heads and Hearts</p>	<p>11</p> <p>10-11 Men's Group 11:30-12:30 Coping with Anxiety 12:30-3 Taco Tuesday 3-4 Inhale Peace, Exhale Harmony w/Kat</p>	<p>12</p> <p>10-11 Women's Group 11-12 Share the Music w/Sophie Emmons 12-1 Social Hour 1-2 Coping with Depression 2:30-4 Harmonic Prana w/Jamie</p>	<p>13</p> <p>10:30-11:30 Combating Loneliness 12-1 Yoga 1-2 Coping with Stigma 2:30-4:30 Peer to Peer</p>	<p>14</p> <p>11-1 Breakfast Burrito Bar 1-2 Coping w/Bipolar Disorder 2-3 Heads Up</p>	
<p>17</p> <p>10-11 Coping with Voices 11-12:30 Egg Nog + Wrapping 1-2 Mindful Meditation 2-3 Giving Constructive Feedback</p>	<p>18</p> <p>10-11 Men's Group 11:30-12:30 Coping with Anxiety 1-3 Honey Roast Send Off ft. Noah 3-4 Inhale Peace, Exhale Harmony w/Kat</p>	<p>19</p> <p>10-11 Women's Group 11:30-12:30 Beading w/Tina 1-2 Coping with Depression 2-4 Bowling</p>	<p>20</p> <p>10-11 Coping with the Holiday Season 11-12 Pit & Peach 12-1 Yoga <u>1:30-4</u> <u>White Elephant</u></p>	<p>21</p> <p>Center Closed for Staff Training</p>	<p>Saturday 22</p> <p>10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>24</p> <p>Center Closed We hope you have a beautiful holiday.</p>	<p>25</p> <p>Center Closed Happy Holiday!</p>	<p>26</p> <p>10-11 Tea and Chat 11-12 Mindful Meditation 12-3 Movie and Popcorn</p>	<p>27</p> <p>10-11:30 Coffee Talk @café Andreini 12-1 Yoga 1:30-2:30 Combating Loneliness 3-4 Journaling: New Year New Goals</p>	<p>28</p> <p>11-12 Pit & Peach 12-1 Explore AG Village 1-2 Coping w/ Bipolar Disorder 2-3 Guided Meditation</p>	
<p>31</p> <p>Center Closed We will See you January 2nd 2019</p>		<p>If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. <u>Doors close 10 minutes after</u> <u>group begins</u></p>	<p> "Owning our story and loving ourselves through that process is the bravest thing we will ever do." -Brene Brown</p>	