



January 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p> "Courage is not the absence of fear, its action in spite of fear." -Barry Michels</p>	<p>1 Center Closed Happy New Year!</p>	<p>2 10-11 Women's Group 11-1 Monarch Butterfly Grove 1-2 Coping with Depression 2-4 Holiday Clean Up</p>	<p>3 10-11 Steps to Managing Your Budget Intentionally 11-12 Picnic at the Creek – bring your lunch 12-1 Yoga 1:30-2:30 Coping with Stigma 3-4 Heads-Up</p>	<p>4 11-12:30 Calendar Brainstorm @Café Andreini 1-2 Coping with Bipolar Disorder 2-3 Guided Meditation</p>
<p>7 10-11 Coping with Voices <u>11:30-12:30 Listening for the Gifts with Zazz Daniel</u> 1-4 Umi Sushi and Grover Beach walk</p>	<p>8 10-11 Men's Group 11:30-12:30 Coping with Anxiety 12:30-3 Thrift Store Shopping 3-4 Inhale Peace, Exhale Harmony w/Kat</p>	<p>9 10-11 Women's Group 11:30-1 Red Bee Coffee 1-2 Coping with Depression 2-4 Shopping for Mac & Cheese Ingredients</p>	<p>10 10-11 Combating Loneliness 11-12 Breaking Bread 12-1 Yoga 1-4 Mac & Cheese Prep</p>	<p>11 11-12 Pit & Peach 12-3 Mac & Cheese Fest & Speed Friending</p>
<p>14 9-4 Day in Gilroy -Try Some Garlic Ice Cream -Outlet Shopping</p>	<p>15 10-11 Men's Group 11:30-12:30 Coping with Anxiety 12:30-3 Documentary 3-4 Inhale Peace, Exhale Harmony w/Kat</p>	<p>16 10-11 Women's Group 11:30-12:30 Fresh Air and Hummus 1-2 Coping with Depression 2-3 Valentines Day Party Committee 3-4 Heads & Hearts</p>	<p>17 10-11 Steps to Managing Your Budget Intentionally 11-12 Breaking Bread 12-1 Yoga 1:30-3:30 Pismo Hot Shots 3:30-4 Mindful Meditation</p>	<p>18 11-11:30 Pit & Peach 11:30-1 Rutiz Farm 1-2 Coping with Bipolar Disorder</p> <p>Saturday 19 10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>21 10-11 Coping with Voices <u>11:30-12:30 Listening for the Gifts with Zazz Daniel</u> 1-4 Cooking Class: Tacos</p>	<p>22 10-4 Day in Solvang</p>	<p>23 4-6 Afternoon in SLO 6-10 Cal Poly Men's Basketball Game</p>	<p>24 10-11 Combating Loneliness 11-12 Breaking Bread 12-1 Yoga 1-4 Bowling</p>	<p>25 Center Closed for Staff Training</p>
<p>28 10-4 Movie Theater Outing & Downtown SLO</p>	<p>29 10-11 Men's Group 11:30-12:30 Coping with Anxiety 1-2:30 Art Therapy 3-4 Inhale Peace, Exhale Harmony w/Kat</p>	<p>30 10-11 Women's Group 11-12 Share the Music w/Sophie Emmons 12-1 Breaking Bread 1-2 Coping with Depression 2-3 Valentines Day Party Committee 3-4 Heads & Hearts</p>	<p>31 10-11 Steps to Managing Your Budget Intentionally 11-12 Breaking Bread 12-1 Yoga 1:30-4 Bob Jones Trail</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. <u>Doors close 10 minutes after group begins</u> If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659</p>