



Safe Haven March 2023

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>VIRTUAL GROUPS (V) PLEASE CONTACT US FOR LOG IN INFORMATION 805-489-9659</p> <p>OUTSIDE IN PERSON (OIP) & IN PERSON (IP)</p> <p>HYBRID, IN PERSON AND ZOOM (H)</p>	<p>"The problem with pounding a square peg into a round hole is not that the hammering is hard work. It is that you're destroying the peg." --Paul Collins</p>	<p>"Nothing ever goes away until it has taught us what we need to know." --Pema Chödrön</p>	<p>1 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga with Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>2 10-11 Coping with Loss (V) 1:30-3 Vision Board Creations (IP) 3-4 Earthing (OIP)</p>	<p>3 11:15-3:30 Oso Flaco Lake Adventure! (IP) 3-4 Dual Recovery Anon. (V)</p>
<p>5 Safe Haven Closed See you tomorrow!</p>	<p>6 10-11 Anger Management (V) 11-12 Art Appreciation (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 9:30-10:30 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 11:30-12:30 Grounding and Mindfulness (OIP)</p>	<p>8 12:30-1:30 Yoga for Joint Health (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>9 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-3 Vision Board Creations (IP) 3-4 Earthing (OIP) 4-5 LGBTQIA+ Group (V) (HH)</p>	<p>10 10-11 Journaling (V) 11-12 Self-Hypnosis (V) 12:30-2:30 Andreini's Café & Stroll in the Village (OIP) 3-4 Dual Recovery Anon. (V) 3-4:30pm PAAT Meeting (H)</p>
<p>12 Safe Haven Closed See you tomorrow!</p>	<p>13 10-11 Anger Management (V) 11-12 Art Appreciation (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 9:30-10:30 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>15 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga with Kolleen (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>16 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-3 Vision Board Creations (IP) 3-4 Earthing (OIP)</p>	<p>17 Safe Haven Closed See you tomorrow! 3-4 Dual Recovery Anon. (V)</p>
<p>19 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>20 10-11 Anger Management (V) 11-12 Art Appreciation (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 9:30-10:30 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>22 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga for Joint Health (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>23 11-1 HOPE HOUSE TALENT SHOW! (IP)(HH)</p>	<p>24 10-11 Journaling (V) 11-12 Self-Hypnosis (V) 11:30-12:30 LGBTQIA+ Group (V) (LH) 12:30-2:30 Andreini's Café & Stroll in the Village (OIP) 3-4:30pm PAAT Meeting (H) 3-4 Dual Recovery Anon. (V)</p>
					<p>25 Saturday 10-11:30 NAMI Family Support Group</p>
<p>26 11-12 Coping w/ Depression and Anxiety (V) 12:30-1:30 Chronic Pain and Mental Health (V)</p>	<p>27 10-11 Anger Management (V) 11-12 Family Services Spotlight Group (V) 12:30-1:30 Women's Group (V) 2:30-3:30 Sound Bath w/Jamie Dubin (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28 9:30-10:30 Raqs Sharqi: The Joy of Middle Eastern Dance w/ Majida (V) (LH) 11:30-12:30 Grounding and Mindfulness (OIP) 1:30-3:30 Talks on Trauma: Returning to Wholeness Course (V)</p>	<p>29 9:45-10:45 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 12:30-1:30 Yoga for Joint Health (V) 1:30-2:30 Living Well w/ Bipolar (V) 2-3 The Divergent Neurons (V)</p>	<p>30 10-11 Coping with Loss (V) 11-12 Music Heals (V) 1:30-3 Vision Board Creations (IP) 3-4 Earthing (OIP)</p>	<p>31 10-11 Journaling (V) 11-12 Self-Hypnosis (V) 12:30-2:30 Andreini's Café & Stroll in the Village (OIP) 3-4 Dual Recovery Anon. (V)</p>