



Safe Haven March 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 10-11 Men's Group 11:30-12:30 Yoga with Kolleen 12:30 -4 Pismo Hot Shots	3 10-11 Coping With Bipolar 11-4 Out and About SandCastles and Kite flying	4 Safe Haven Closed	5 Safe Haven Closed	6 Safe Haven Closed
9 10-11 Men's Group 11:30-12:30 Yoga With Kolleen 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-4 Sound Bath with Harmonic Prana's Jamie Dubin	10 10-11 Coping With Bipolar 11-4 Out and About Lunch and Movie	11 10-11 Women's Group 11-1 Creative Expression 1-2 Coping with Depression 2-3 Listening for the Insights with Zazz Daniel 3-4 Laughter is Medicine	12 10-11 Empowerment Collaborative 11-12 Post Traumatic Growth 12-1 Poetry Collective 1-2 Grub Club 2-3 Managing Anxiety 3-4 Philosophy and Tea	13 Safe Haven Closed
16 10-11 Men's Group 11:30-12:30 Yoga With Kolleen 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-3 The Precious Present Moment 3-4 Laughter is Medicine	17 <i>St. Patricks</i> 10-11 Coping With Bipolar 11-4 Cooking Class: Corned Beef Hash	18 10-11 Women's Group 11-1 Creative Expression 1-2 Coping with Depression 2-4 Walking for Wellness	19 10-11 Empowerment Collaborative 11-12 Post Traumatic Growth 12-1 Poetry Collective 1-2 Grub Club 2-3 Managing Anxiety 3-4 Philosophy and Tea	20 10-11 Addiction and Mental Wellness 11-12 Yoga With Carol 12-12:30 Grub Club 12:30-1 Music Heals 1-2 Managing Anger 2-3 Mindful Meditation
23 10-11 Men's Group 11:30-12:30 Yoga With Kolleen 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-4 Sound Bath with Harmonic Prana's Jamie Dubin	24 10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Red Lobster	25 10-11 Women's Group 11-1 Creative Expression 1-2 Coping With Depression 2-3 Listening for the Insights with Zazz Daniel 3-4 Laughter is Medicine	26 10-11 Empowerment Collaborative 11-12 Post Traumatic Growth 12-1 Poetry Collective 1-2 Grub Club 2-3 Managing Anxiety 3-4 Philosophy and Tea	27 10-11 Addiction and Mental Wellness 11-12 Yoga With Carol 12-12:30 Grub Club 12:30-1 Music Heals 1-2 Managing Anger 2-3 Mindful Meditation
30 10-11 Men's Group 11:30-12:30 Yoga With Kolleen 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-3 The Precious Present Moment 3-4 Safe Haven Ambassador Meeting	31 10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Picnic and Walk At Osos Flaco Lake	<i>If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659</i>	<i>Life Happens! All events subject to change! Please RSVP for all outings/events. Doors close 10 minutes after group begins</i>	Saturday 21 10-12 NAMI Family to Family Support Group @ Safe Haven

