



May 2017

Arroyo Grande Wellness Center

"Safe Haven"

203 Bridge St. Arroyo Grande, CA 93420

(805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10-11 Mind-Body-Spirit 11-11:30 Gardening Group 12-1 Building Self-Esteem 1-3 *EMM Community Outreach 3-4 Calendar Brainstorm</p>	<p>2</p> <p>10:30-11:30 Women's Group 11:30-1 Basketball 1-2:30 Thrift Store Shopping 2:30-3:30 Conflict Management 3:30-4:30 Each Mind Matters Planning</p>	<p>3</p> <p>10-10:30 Morning Meditation 10:30-11:30 Practicing Self-Care 12-1 Coping with Depression 1-5 Hope House Open House</p>	<p>4</p> <p>10-11 Share Your Passion 11:30-12:30 Current Events 1-3 Art Therapy 1-3 Computer Sessions* 3-4 Let's Talk about Employment</p>	<p>5</p> <p>10-11 Book Club 11-2 Cooking Class 2-4 Rancho Bowl</p>
<p>8</p> <p>10-10:30 Morning Meditation 10:30-11 Gardening Group 11-12 Building a Social Circle 12-1 Starbucks (Santa Maria) 1-3 Santa Maria Humane Society 3-4 *EMM Community Outreach</p>	<p>9</p> <p>10:30-1:30 Growing Grounds Family Farm Day 1:30-4:30 Movie Theater Outing: "Guardians of the Galaxy: Vol. 2"</p>	<p>10</p> <p>10-3 Life House Open House</p> <p>3-4 Project Give: Do Send a Card</p>	<p>11</p> <p>10-11 Laughter Wellness w/Marcia 11:30-12:30 Conquering Shyness 1-3 Art Therapy 1-3 Computer Sessions* 3-4 Let's Talk about Employment</p>	<p>12</p> <p>10-11 Book Club 11-2 Cooking Class 2-3 Each Mind Matters Planning 3-4 WSM*: Exploring Your Personal Goals</p>
<p>15</p> <p>10-11 Mind-Body-Spirit 11-11:30 Gardening Group 12-4 Helping Hands of Lompoc Art Gallery</p>	<p>16</p> <p>10:30-11:30 Women's Group 11:30-1 Stamp Art 1-3:30 Taco Tuesday 3:30-4:30 *EMM Community Outreach</p>	<p>17</p> <p>10-12 AG Farmers Market 12-1 Coping with Depression 1-2 Scrapbooking 2-3 Positive Body/Self Image 3-4 Project Give: Do Send a Card</p>	<p>18</p> <p>10-11 AG Library 11:30-12:30 Good Attitudes 1-3 Art Therapy 1-3 Computer Sessions* 3-4 Let's Talk about Employment</p>	<p>19</p> <p>Center Closed Come see us Monday</p>
<p>22</p> <p>10-11 Mind-Body-Spirit 11-11:30 Gardening Group 11-5 Open House Prep</p>	<p>23</p> <p>9-12:30 Open House Prep 1-4 Safe Haven Open House Each Mind Matters Awareness and Celebration</p>	<p>24</p> <p>10-11 Open House Recap 11-12 Center Maintenance 12-1 Coping with Depression 1-3 Bob Jones Trail 3-4 Project Give: Do Send a Card</p>	<p>25</p> <p>10-11 Laughter Wellness w/Marcia 11:30-12:30 Building Resiliency 1-3 Art Therapy 1-3 Computer Sessions* 3-4 Let's Talk about Employment</p>	<p>26</p> <p>10-11 Book Club 11:30-12:30 WSM*: Understanding Barriers That Get in The Way of Achieving Goals 1-3 Local Restaurant 3-4 Improv</p>
<p>29</p> <p>Center Closed Happy Memorial Day</p>	<p>30</p> <p>10:30-11:30 Women's Group 12-2 Avila Beach 2-3 Good Attitudes 3-4 Synergy in a Team Environment</p>	<p>31</p> <p>10-10:30 Morning Meditation 11-12 Goal Setting 12-1 Coping with Depression 1:30-2:30 Game Hour 3-4 Project Give: Do Send a Card</p>	<p>*Computer Sessions are one on one, hour-long, sessions to learn the computer skill(s) of your choice. If interested please call (805) 489-9659 to secure your spot ☺ *Each Mind Matters</p>	<p>If you are interested in becoming a member, please give us a call to schedule an appointment and tour. All events subject to change! Please RSVP for all outings/events! Doors close 10 minutes after group begins.</p>