



Safe Haven

September 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Centers Closed For Labor Day</p>	<p>3</p> <p>10-11 Managing Anxiety 11:30-3 Mediterranean Cooking Class 3-4 Cleansing Safe Haven</p>	<p>4</p> <p>10-11:00 Women's Group 11:00-12:30 Calendar Brainstorm@ Andreini's Café 1-2 Coping with Depression 2-4 Walking For Wellness: Bob Jones Trail</p>	<p>5</p> <p>10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication</p>	<p>6</p> <p>Center Closed Staff Training</p>
<p>9</p> <p>10-11 Coping with Voices 11:30 – 12:30 Yoga with Megan 1-1:30 The Grub Club 1:30 -4 Sound Bath Harmonic Prana with Jamie Dubin</p>	<p>10</p> <p>10-11 Managing Anxiety 11-4 Out and About Lunch and Movie</p>	<p>11</p> <p>10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping with Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk 1-3:30 Ambassador Training @ TMHA</p>	<p>12</p> <p>10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:00 Poetry Collective 2-4 Documentary "Above Us Only Sky"</p>	<p>13</p> <p>10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
<p>16</p> <p>10-11 Coping with Voices 11:30-12:30 Yoga with Megan 1-2 The Grub Club 2-3 Music Heals 3-4 Qi Gong</p>	<p>17</p> <p>10-11 Managing Anxiety 11-4 Pismo Beach Party <i>Build your own Sando</i> <i>Kite Flying</i> <i>Frisbee</i></p>	<p>18</p> <p>10-11 Women's Group 11:30-12:30 Yoga Nidra with Patricia 1-2 Coping With Depression 2-4 Walking For Wellness: Bob Jones Trail</p>	<p>19</p> <p>10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication</p>	<p>20</p> <p>10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p> <p>Saturday 21</p> <p>10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>23</p> <p>10-11 Coping with Voices 11:30 – 12:30 Yoga with Megan 12:30-1:30 The Grub Club 1:30-4 Sound Bath Harmonic Prana with Jamie Dubin</p>	<p>24</p> <p>10-11 Managing Anxiety 11-3:30 Taco Tuesday at Taco Temple Woods Humane Society 3:30-4 Safe Haven Ambassador Meeting</p>	<p>25</p> <p>10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping With Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk</p>	<p>26</p> <p>10-11 Coping With Bipolar 11-12 The Grub Club 12-1 Yoga With Carol 1:30-2:30 Poetry Collective 3-4 Welcoming Healthy Communication</p>	<p>27</p> <p>10-11 Men's Group 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
<p>30</p> <p>10-11 Coping with Voices 11:30-12:30 Yoga with Megan 1-2 The Grub Club 2-3 Music Heals 3-4 Qi Gong</p>	<p>September is National Yoga Awareness Month</p> <p>ॐ</p>	<p>Please join us in Welcoming our new Yoga Volunteers Carol Megan and Patricia</p>	<p><i>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.</i> (805)489-9659</p>	<p>Life Happens! All events subject to change! Please RSVP for all outings/events. Doors close 10 minutes after group begins.</p>