

# Wellness Center In Person Groups



Transitions-Mental Health Association

## Life House

Atascadero Wellness Center  
5850 West Mall Road  
805-464-0512  
oflores@t-mha.org

### Tuesdays

**Yoga (11am-12pm)** Come to Stretch & move your body in a way that feels loving. Open to all levels of practice. Beginners encouraged to join!

### Woman's Group (12:30pm-1:30pm)

delight in an environment that offers a safe place for Woman of all backgrounds to come together and support one another.

### Wednesdays

**Reiki (11am-12pm, Every Other Wednesday)** Enjoy a guided meditation that will allow your body's energy to lead itself to balance and healing.

### Fridays

**Funday Friday (12:30pm-2pm, 2-3 times a month)** Fun day Friday activities and games encourage members to spend time with others, get to know each other better, have conversations and enjoy being in a safe, friendly environment.

*Life House calendars are posted outside the Wellness Center as well as on the website, [www.t-mha.org](http://www.t-mha.org)*

## Hope House

San Luis Obispo  
Wellness Center  
1306 Nipomo Street  
805-541-6813  
mmadgett@t-mha.org

### Mondays

#### Music Sharing (12:30pm-2pm)

Join us for tunes and tracks that inspire and relax.

#### Gardening Group (3pm-4:30pm)

Nature, sunshine, good company, and vine-ripe tomatoes.

### Tuesdays

#### Walking Group (9:30am-10:30am)

A lively group for building strength & stamina together.

#### Joy on Purpose! (2pm-3pm)

Learn relaxation techniques and fun ways to tackle social anxiety.

### Wednesdays

#### Walkabouts (2:30pm-5pm)

Explore our city, from thrift stores to historic sites.

#### Mental Health Movie + Discussion (2:30pm-5pm)

Are you a movie-goer? This group is for you!

#### LGBTQIA+ Telling the Stories of Wellness (3pm-4pm, 1st Wednesdays)

A safe space to celebrate how we're living well.

### Thursdays

**Celebrations & Personal Victories (1pm-2pm)** A new group that focuses on what we're doing well.

#### Dr. Moreno's Group (2:30-4pm)

A long-standing talk therapy group with Dr. Moreno.

### Fridays

#### Art & Chill (12:30pm-2:30pm)

With new projects each week, we find peace of mind through creative expression.

#### Friday Hangouts (12pm-3pm)

Join for light lunch-on-the-patio, art, music, games, or just hang out.

## Safe Haven

Arroyo Grande  
Wellness Center  
203 Bridge Street  
805-489-9659  
hlawson@t-mha.org

### Sundays

#### Andreini's Cafe

**(11am-12pm)\*** Join us for a morning walk to Andreini's Café. Located in the heart of the Historic Village of Arroyo Grande, come to enjoy amazing food, amazing coffee, and amazing company.

### Tuesdays

#### Grounding and Mindfulness

**(11:30am-12:30pm)\*** This group will give you the space to learn about the benefits of mindfulness and grounding. An array of grounding techniques will be offered, to help with anything from anxiety to establishing routines. You will receive support in learning how to practice mindfulness and grounding methods while being encouraged to share how you can incorporate it into your own wellness journey.

### Thursdays

#### Art & Tea (1:30pm-3)\*

Come join us in engaging your creative side through art and self-expression while sipping on your favorite tea! This will be a space to express yourself without judgement or expectations and enjoy the company of your peers.

#### Earthing (3pm-4pm)\*

Join us at Safe Haven in getting grounded and restoring your body's harmony with the Earth at our in-person Earthing group! Here, we will prioritize restoring a connecting between ourselves and the ground below us with direct and mindful connection. This is a great skill to take with you in your day-to-day life as well as a chance to be outdoors. Hope to see you!

*\*Please be mindful of our start times and arrive at Safe Haven on time.*