

# Wellness Center In Person Groups

**Safe Haven** / Arroyo Grande Wellness Center

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## 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-3pm)\***

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.*