

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p><b>1</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-1:00pm<br/>                     One 2 One Phone Meetings<br/>                     Call 805-464-0512 to Schedule</p> <p>6:30-8:00pm<br/>                     NAMI Family Support</p>  | <p><b>2</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-11:00 am<br/>                     The Morning Buzz<br/>                     12:00-1:00 pm<br/>                     Women's Group</p>   | <p><b>3</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     Getting Organized<br/>                     2:30-3:30 pm Grief Support</p>  | <p><b>4</b> <u>VIRTUAL GROUPS</u><br/>                     11:00-12:00 pm<br/>                     PTSD Support Group<br/>                     12:30-1:30 pm Healthy Habits<br/>                     2:00-3:00pm Managing Anxiety</p>   | <p><b>5</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     One 2 One<br/>                     ZOOM Meetings<br/>                     Call 805-464-0512 to Schedule<br/>                     1:30-2:30pm<br/>                     'Lift Now' Support</p>   |
| <p><b>8</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-1:00pm<br/>                     One 2 One Phone Meetings<br/>                     Call 805-464-0512 to Schedule</p>  | <p><b>9</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-11:00 am<br/>                     The Morning Buzz<br/>                     12:00-1:00 pm<br/>                     Women's Group<br/>                     Peer Advocacy &amp; Advisory Team Meeting - 4:00-5:30pm</p>  | <p><b>10</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     Getting Organized<br/>                     2:30-3:30 pm Grief Support</p> | <p><b>11</b> <u>VIRTUAL GROUPS</u><br/>                     11:00-12:00 pm Reiki<br/>                     12:30-1:30 pm Healthy Habits<br/>                     2:00-3:00 pm Managing Anxiety</p>   | <p><b>12</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     One 2 One<br/>                     ZOOM Meetings<br/>                     Call 805-464-0512 to Schedule<br/>                     1:30-2:30 pm<br/>                     'Lift Now' Support</p> |
| <p><b>15</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-1:00pm<br/>                     One 2 One Phone Meetings<br/>                     Call 805-464-0512 to Schedule</p> <p>6:30-8:00pm<br/>                     NAMI Family Support</p> | <p><b>16</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-11:00 am<br/>                     The Morning Buzz<br/>                     12:00-1:00 pm<br/>                     Women's Group</p>  | <p><b>17</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     Getting Organized<br/>                     2:30-3:30 pm Grief Support</p> | <p><b>18</b> <u>VIRTUAL GROUPS</u><br/>                     11:00-12:00 pm<br/>                     PTSD Support Group<br/>                     12:30-1:30 pm Healthy Habits<br/>                     2:00-3:00 pm Managing Anxiety</p>   | <p><b>19</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     One 2 One<br/>                     ZOOM Meetings<br/>                     Call 805-464-0512 to Schedule<br/>                     1:30-2:30 pm<br/>                     'Lift Now' Support</p> |
| <p><b>22</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-1:00pm<br/>                     One 2 One Phone Meetings<br/>                     Call 805-464-0512 to Schedule</p>   | <p><b>23</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-11:00 am<br/>                     The Morning Buzz<br/>                     12:00-1:00 pm<br/>                     Women's Group<br/>                     Peer Advocacy &amp; Advisory Team Meeting - 4:00-5:30pm</p> | <p><b>24</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     Getting Organized<br/>                     2:30-3:30 pm Grief Support</p> | <p><b>25</b> <u>VIRTUAL GROUPS</u><br/>                     11:00-12:00 pm Reiki<br/>                     12:30-1:30 pm Healthy Habits<br/>                     2:00-3:00 pm Managing Anxiety</p>   | <p><b>26</b> <u>VIRTUAL GROUPS</u><br/>                     12:00-1:00 pm<br/>                     One 2 One<br/>                     ZOOM Meetings<br/>                     Call 805-464-0512 to Schedule<br/>                     1:30-2:30pm<br/>                     'Lift Now' Support</p>  |
| <p><b>29</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-1:00pm<br/>                     One 2 One Phone Meetings<br/>                     Call 805-464-0512 to Schedule</p>   | <p><b>30</b> <u>VIRTUAL GROUPS</u><br/>                     10:00-11:00 am<br/>                     The Morning Buzz<br/>                     12:00-1:00 pm<br/>                     Women's Group</p>  | <p>Currently, all groups offered are Virtual Only.<br/>                     Please call for login information or to sign up as a new member.<br/> <b>(805) 464-0512</b></p>  | <p><b>Re-Opening Procedures</b><br/>                     Members &amp; Employees will be required to wash/sanitize their hands and wear a mask while at the center. All members attending In- Person or Virtual Groups are required to register as a member to participate.</p> | <p>Members and Employees will be required to follow social distancing guidelines while at the center. Anyone who has experienced recent symptoms of COVID-19 illness will be asked to leave the center.</p>  |