



Safe Haven June 2020

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1 All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement</p>	<p>2 All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p>3 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping with Depression and Anxiety 2-3 One on Ones</p>	<p>4 All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation</p>	<p>5 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	
<p>8 All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Prana</p>	<p>9 All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression *4-5:30 PAAT Input Planning Meeting</p>	<p>10 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping with Depression and Anxiety 2-3 Listening for the Insights with Zazz Daniel</p>	<p>11 All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation</p>	<p>12 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	
<p>15 All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement</p>	<p>16 All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p>17 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping with Depression and Anxiety 2-3 One on Ones</p>	<p>18 All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation</p>	<p>19 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets do Lunch/Social Hour</p>	<p>Saturday 20 Have a Beautiful Day</p>
<p>22 All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Sound Bath w/ Jamie Dubin of Harmonic Prana</p>	<p>23 All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression *4-5:30 PAAT General Meeting</p>	<p>24 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Coping with Depression and Anxiety 2-3 Listening for the Insights with Zazz Daniel</p>	<p>25 All Groups will be Virtual</p> <p>11-12 Yoga and Light Movement 1-2 Grounding and Meditation</p>	<p>26 All Groups will be Virtual</p> <p>9-11 Staff Training 12-1 Managing Anger 1-2 Lets Do Lunch/Social Hour</p>	
<p>29 All Groups will be Virtual</p> <p>11:30-12:30 Building Resilience 1:00-2:00 Cultivating Self Love and Self Compassion 2:30-3:30 Yoga and Light Movement</p>	<p>30 All Groups will be Virtual</p> <p>10-11 Womens Group 1-2 Addiction and Mental Wellness 2:30-3:30 Creative Expression</p>	<p>Currently, all groups offered are Virtual only. Please call for login information or to sign up as a new member. (805)489-9659 Please be mindful to be on time for our virtual groups</p>	<p>Re-Opening Procedures Members & Employees are 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 are 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>	