



July 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1</p> <p>10-11 Coping with Voices 11-4 Monday Adventures Enchanting Los Osos Oaks State Reserve Montana De Oro Café Farmers Market</p>	<p>2</p> <p>10-11 Managing Anxiety 11:30-1:00 <i>Yoga with Leah</i> 1:30-4:30 Harmonic Prana with Jamie Dubin RSVP</p>	<p>3</p> <p>10-11 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>4</p> <p>Center Closed in observance of the 4th of July Holiday</p>	<p>5</p> <p>Center Closed</p> 	
<p>8</p> <p>10-11 Coping with Voices 11-4 Monday Adventures Avila Beach Excursion Fishing on The Pier Picnic Sun and Sand</p>	<p>9</p> <p>10-11 Managing Anxiety 11:30-1:00 <i>Yoga with Leah</i> 1-4 Bowling That's How we Roll</p>	<p>10</p> <p>10-11 Women's Group 11:30-12:30 Poetry Collective With Lexie 1-2 Coping with Depression 2-4 Cleansing Safe Haven</p>	<p>11</p> <p>10-11 Embracing Loneliness 11-2 Community Picnic 2:30-4 Yoga with Leah</p>	<p>12</p> <p>11-1 Craft and Create 1-2 Coping with Bipolar 2-3 <i>Mindful Meditation</i></p>	
<p>15</p> <p>10-11 Coping with Voices 11-4 Monday Adventures San Luis Obispo Thrifting Escapades Fred and Bettys Goodwill Hope Chest</p>	<p>16</p> <p>10-11 Managing Anxiety 11:30-1:00 <i>Yoga with Leah</i> 1:00- 3:30 Taco Tuesday 3:30-4:00 Mindful Meditation</p>	<p>17</p> <p>10-11 Women's Group 11:30-12:30 Poetry Collective With Lexie 1-2 Coping With Depression 2-4 Walking For Wellness: Bob Jones Trail</p>	<p>18</p> <p>10-11 Embracing Loneliness 11-12 Lunch and Laughs 12-1:30 Yoga with Leah 2:00-5:00 Harmonic Prana with Jamie Dubin RSVP</p>	<p>19</p> <p>11-1 Craft and Create 1-2 Coping with Bipolar 2-3 Mindful Meditation</p>	<p>Saturday 20</p> <p>10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>22</p> <p>10-11 Coping with Voices 11-4 Monday Adventures Out and About Lunch and Movie "The Lion King"</p>	<p>23</p> <p>10-11 Managing Anxiety 11:30-1:00 <i>Yoga with Leah</i> 1-4 Stroll in Pismo Beach</p>	<p>24</p> <p>10-11 Women's Group 11:30-12:30 Poetry Collective With Lexie 1-2 Coping With Depression 2-4 Walking For Wellness: Oceano Dunes Boardwalk</p>	<p>25</p> <p>10-11 Embracing Loneliness 11-12 Lunch and Laughs 12-1:30 Yoga with Leah 2-4 Wellness Party Yarn, Comedy, Music, Journaling</p>	<p>26</p> <p>11-1 Craft and Create 1-2 Coping with Bipolar 2-3 Mindful Meditation</p>	
<p>29</p> <p>10-11 Coping with Voices 11-4 Monday Adventures Cayucos Staycation State Beach Antiquing Café Window Shopping</p>	<p>30</p> <p>10-11 Managing Anxiety 11:30-1:00 <i>Yoga with Leah</i> 1-4 Mindful journey to Shell Beach 1:30-2:30 Safe Haven Ambassador Meeting</p>	<p>31</p> <p>10-11 Women's Group 11-12:30 Share the Music with Sophie and Honey Roast 1-2 Coping With Depression 2:00-4:00 Walking for Wellness: Bob Jones Trail</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. <u>Doors close 10 minutes after group begins</u></p>	