



June 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed	4 10-11 Coping w/Anxiety 11:30 -1:00 Yoga with Leah 1:30-2:30 Accepting Ch-ch-ch-changes	5 10-11 Women's Group 11:00-12:30 Calendar <i>Brainstorm@ Andreini's Café</i> 1-2 Coping with Depression	6 10-11 Coping with Voices 11-12 Poetry Collective with Lexie 12:00-1:30 Yoga with Leah 1:30-4 Movie Theatre Outing : "Aladdin"	7 Center Closed for Staff Training
10 Center Closed	11 10-11 Coping w/Anxiety 11:30 -1:00 Yoga with Leah 1-3 Documentary, "Heal" 3-4 Cultivating Self Love	12 10-11 Women's Group 11:30-12:30 Listening for Insights with Zazz Daniel *1-3:30 Ambassador Training*	13 10-11 Coping with Voices 11-12 Embracing Loneliness 12:00-1:30 Yoga with Leah 1:30-4 Central Coast Archery	14 11-12:30 Craft and Create with Lexie 1-2 Coping with Bipolar Disorder 1-3 Pot Luck BBQ <i>Bring a Side Dish</i>
17 Center Closed	18 10-11 Coping w/Anxiety 11:30 -1:00 Yoga with Leah 1-3 Taco Tuesday 3-4 Cultivating Self Love	19 10-11 Women's Group 11:30-12:30 Listening for Insights with Zazz Daniel 1-2 Coping with Depression 2-4 <i>Walking for Wellness: Bob Jones Trail</i>	20 10-11 Coping with Voices 11-12 Poetry Collective with Lexie 12:00-1:30 Yoga with Leah 2-3 Game Hour "Taboo" 3-4 Clean Up Dance Party	21 10:30-3:00 8 th Annual Unity Softball Game & Hot Dog Luncheon Saturday 22 10-12 NAMI Family to Family Support Group @ Safe Haven
24 Center Closed	25 10-11 Coping w/Anxiety 11:00 -1:00 Pismo Beach Outing 1:30-4:30 Harmonic Prana With Jamie Dubin RSVP	26 10-11 Women's Group 11-12 Share the Music with Sophie 1-2 Coping with Depression 2-4 <i>Walking For Wellness: Oceano Dunes Boardwalk</i>	27 10-11 Coping with Voices 11-12 Embracing Loneliness 12:00-1:30 Yoga with Leah 2-4 <i>Walking for Wellness: Bob Jones Trail</i>	28 11-12:30 Craft and Create with Lexie 1-2 Coping with Bipolar Disorder Center Closes at 2:00pm
		🍌 "The secret of change is to focus all of your energy, not on fighting the old, but on building the new." -Socrates	If you are interested in becoming a member, please give us a call to schedule an appointment and tour. (805)489-9659	Life Happens! All events subject to change! Please RSVP for all outings/events. <u>Doors close 10 minutes after group begins</u>