



MONDAY

Arroyo Grande Wellness Center

Safe Haven

203 Bridge St.
Arroyo Grande, Ca
(805) 489-9659



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 Coffee with Friends 9:30-10:30 Self Care Group 10:30-12 Pismo Beach 12:30-2:30</p>	<p>3 Coffee with Friends 9:30-10:30 Advisory Committee 10:30-12 Center Maintenance 12:30-2:00 NAMI Family Support Group 6-8</p>	<p>4 Coffee with Friends 9:30-10:30 Cooking Group 10:30-2:30 (Must RSVP)</p>	<p>5 Coffee with Friends 9:30-10:30 Men's & Women's Group 10:30-11:30 Poetry Group 1-2:30</p>	<p>6 Coffee with Friends 9:30-10:30 Hunger Awareness Volunteering 10-12 @ Vons Rancho Grande Bowl 12:30-2:30</p>
<p>9 Coffee with Friends 9:30-10:30 Self Care Group 10:30-12 Creative Writing 12:30-1:30 Center Maintenance 1:30-2:30</p>	<p>10 Coffee with Friends 9:30-10:30 Men's & Women's Group 10:30-11:30 Shopping in Santa Maria 12-3 Dual Recovery Anonymous 3-4</p>	<p>11 BIG TRIP! Details TBD- See Knox & Amanda for details</p>	<p>12 Special Hours 11:30-5:30 Mindful Movement @ SLO 12:30-2:30 Downtown SLO 2:30-5:30</p>	<p>13 Center Closed Member Led Day In the Community</p>
<p>16 Coffee with Friends 9:30-10:30 Self Care Group 10:30-12 Pismo Beach Outlet Mall 12:30-2:30</p>	<p>17 Coffee with Friends 9:30-10:30 Q & A w/John Byers 10:30-11:30 Prado Day Center 11:30-2:30 Dual Recovery Anonymous 3-4 YAN @ ATWC 4-6</p>	<p>18 Coffee with Friends 9:30-10:30 Cooking Group 10:30-2:30 (Must RSVP) Young Adult Night AGWC 4-6</p>	<p>19 Coffee with Friends 9:30-10:30 Men's & Women's Group 10:30-11:30 ATWC Open House & Paso Pioneer Museum 1-4</p>	<p>20 Coffee with Friends 9:30-10:30 Coping with mental illness 10:30-11:30 Prado Day Center 11:30-2:30</p>
<p>23 Coffee with Friends 9:30-10:30 Self Care Group 10:30-12 Grover Beach Trail 12:30-2:30</p>	<p>24 Coffee with Friends 9:30-10:30 Anger Control 10:30-12 Social Games 12:30-2:30 Dual Recovery Anonymous 3-4</p>	<p>25 Special Hours: 1-7 Leadership Lunch (By invite) 1-3 Bonfire @ Avila 4-7 (RSVP) Rides home offered</p>	<p>26 Coffee with Friends 9:30-10:30 Men's & Women's Group 10:30-11:30 Diet/Exercise Group 12:30-2:30</p>	<p>27 Coffee with Friends 9:30-10:30 SOFTBALL GAME w/RLC! 11-3 Dress for warm weather!</p>
<p>30 Coffee with Friends 9:30-10:30 Self Care Group 10:30-12 Movie Monday 12:30-2:30</p>		<p>Program Hours Monday-Friday 9:30-3:30 Office Hour daily 2:30-3:30 *Unless specified</p>	<p>Life Happens. Some outings and groups are subject to change!</p>	