



Safe Haven January 2020

Arroyo Grande Wellness Center

"Safe Haven"

203 Bridge St. Arroyo Grande, CA 93420

(805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday
<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. Doors close 10 minutes after group begins.</p>	<p>1 Safe Haven is closed Wishing Everyone a Happy and Healthy New Year from your Safe Haven Team</p>	<p>2 10-11 Calendar Brainstorm 11-12 The Precious Present Moment 12-1 Yoga With Carol 1:30 -3:30 WRAP 3:30-4 Music Heals</p>	<p>3 10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
<p>6 10-11 Men's Group 11-12:30 Womens Luncheon Prep 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-4 Harmonic Prana: Sound Bath w/ Jamie Dubin</p>	<p>7 10-11 Coping With Bipolar 11-4 Out and About Lunch and Movie</p>	<p>8 10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping with Depression 2-4 Walking for Wellness</p>	<p>9 10-11 Philosophy and Tea 11-12 The Precious Present Moment 12-1 The Grub Club 1:30 -3:30 WRAP 3:30-4 Music Heals</p>	<p>10 10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
<p>13 Safe Haven Closed Please join us on Saturday, January 18th for the Womens March</p> 	<p>14 10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Out and About Lunch & Central Coast Archery</p>	<p>15 10-11:30 Women's Group 11:30-12:30 Creative Writing 12:30-1 Grub Club 1-2 Coping with Depression 2-4 Walking for Wellness</p>	<p>16 10-11 Managing Anxiety 11-12 The Precious Present Moment 12-1 Yoga With Carol 1:00-1:30 Grub Club 1:30 -3:30 WRAP 3:30-4 Music Heals</p>	<p>17 10-11 Addiction and Mental Wellness 11-1 Safe Haven Studio Creative Expression 1-2 Managing Anger 2-3 Mindful Meditation</p>
				<p>Saturday 18 8:30-3:30 Womens March 10-12 NAMI Family to Family Support Group @ Safe Haven</p>
<p>20 10-11 Men's Group 11-12:30 Womens Luncheon Prep 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-4 Harmonic Prana: Sound Bath w/ Jamie Dubin</p>	<p>21 10-11 Coping With Bipolar 11-12 Guided Meditation 12-2 Cooking Class: Lexie's Italian Orzo and Meatballs 2-3 Cleansing Safe Haven 3-4 Coping With Voices</p>	<p>22 10-11:30 Women's Group 11:30-12:30 Listening for the Insights with Zazz Daniel 1-2 Coping With Depression 2-4 Walking for Wellness 1-3:30 pm Ambassador Meeting @TMHA</p>	<p>23 10-11 Philosophy and Tea 11-12 The Precious Present Moment 12-1 Share your Passion 1:30-3:30 WRAP 3:30-4 Music Heals</p>	<p>24 Safe Haven Closed for Staff Training</p>
<p>27 10-11 Men's Group 11-12:30 Womens Luncheon Prep 12:30-1 Grub Club 1-2 Navigating Social Anxiety 2-3 Heads Up 3-4 Safe Haven Ambassador Meeting</p>	<p>28 10-11 Coping With Bipolar 11-12 Guided Meditation 12-4 Out and About Lunch and Thrifting</p>	<p>29 10-11:30 Women's Group 11:30-12:30 Creative Writing 1-2 Coping with Depression 2-4 Walking for Wellness</p>	<p>30 10-11 Managing Anxiety 11-12 The Precious Present Moment 12-4 Picnic and walk at Oso Flaco Lake</p>	<p>31 10-10:30 Addiction and Mental Wellness 10:30-2:30 Open Art Studio@ TMHA 2:30-3 Mindful Meditation</p>