Join Behavioral Wellness Community Services for Wellness and Recovery Activities
EVERYDAY in MAY 2020 at 3PM on ZOOM open to all
Closed Peer to Peer conversations will be hosted Daily at 1PM and Thursdays at 3PM

**Mondays**
Mindfulness with Brock Travis PhD.
ZOOM: 520 006 8668 Password: 1234

**Tuesdays**
Yoga Vibes with Ryan Russ of Sunset Yoga
ZOOM: 520 006 8668 Password: 1234

**Wednesdays - SPANISH**
Dichos con Mely, Community Health Clinics of Central Coast and Casa De La Raza
ZOOM: 520 006 8668 Password: 1234

**Thursdays - Closed for Peers**
Self Help Support with Catherine
Email: selfhelpgroups.sb@gmail.com
Call: 805)252-0483

**Fridays**
Healthy Self Image with Elijah and Angel
ZOOM: 520 006 8668 Password: 1234

**Saturdays**
Live Music with Nick
ZOOM: 520 006 8668 Password: 1234

**Sundays**
How to Social Distance in the Outdoors with Barbara
ZOOM: 520 006 8668 Password: 1234

**DAILY 1PM Peer to Peer - Closed for Peers**
Peer-To-Peer with Joe
Email: jhettich@sbcwel.com or Call: 805)757-0301

For information or support contact:
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Phone: 805-884-1665
Email: vramos@sbcwell.org