

October 2018

S.A.V.E. Class and Clinic Schedule
 1900 Mowry Ave, Suite 201, Fremont, CA 94538
 SAVE's 24-hour hotline: 510-794-6055



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Yoga 5:00pm – 6:00pm Healthy Relationships 6:30pm-8pm	2	3 Al-Anon Support Group 6:30pm – 8:00pm	4 Drop In Support Group English 6:45pm – 8:45pm	5 Drop In Support Group English 9:15am – 11:15am	6
7	8 Indigenous Peoples' Day OFFICE CLOSED	9	10 Al-Anon Support Group 6:30pm – 8:00pm	11 Drop In Support Group English 6:45pm – 8:45pm	12 Drop In Support Group English 9:15am – 11:15am	13
14	15 Yoga 5:00pm – 6:00pm Healthy Relationships 6:30pm-8pm	16	17 Al-Anon Support Group 6:30pm – 8:00pm	18 Rubicon Programs Job Workshop 11am-12pm Drop In Support Group (English) 6:45pm – 8:45pm	19 Drop In Support Group English 9:15am – 11:15am	20
21	22 Yoga 5:00pm – 6:00pm Healthy Relationships 6:30pm-8:00pm	23	24 Al-Anon Support Group 6:30pm – 8:00pm	25 Drop In Support Group English 6:45pm – 8:45pm Rolling in Dough 6:30pm-8pm	26 Drop In Support Group English 9:15am – 11:15am	27
28	29 Yoga 5:00pm – 6:00pm Healthy Relationships (Last Class) 6:30pm-8:00pm	30	31			

Weekly Class and Workshop Descriptions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Gentle Yoga 5:00pm-6:00pm Open to clients and SAVE staff & volunteers. Wear comfortable clothes. Mats will be provided. All fitness levels welcome. Childcare not provided. RSVP at 510-574-2250.</p> <p>How to Have a Healthy Relationship (English) 6:30pm-8:00am</p> <p>A 7-week group therapy class that is focused on how to have a healthy Romantic relationship using the Cycle of Harm and other methods. To sign up, contact Simran at 925-750-8116. Childcare provided.</p>		<p>Al-Anon Support Group 6:30pm-8:00pm Childcare not provided.</p>	<p>Drop In Support Group (English): 6:45pm - 8:45pm Safe setting where women whose lives are affected by domestic violence can come together to encourage, support and empower one another. Childcare provided</p> <p>Rolling in Dough 6:30pm-8pm Financial empowerment workshop Childcare provided</p>	<p>Drop In Support Group (English): 9:15am – 11:15am Safe setting where women whose lives are affected by domestic violence can come together to encourage, support and empower one another. Childcare provided</p>		