

# December 2018

S.A.V.E. Class and Clinic Schedule

1900 Mowry Ave, Suite 201, Fremont, CA 94538

510-794-6055



SAVE's 24-hour hotline:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <b>Yoga</b> 5:00pm – 6:00pm	4	5 <b>Al-Anon Support Group</b> 6:30pm – 8:00pm	6 <b>Drop In Support Group</b> (English) 6:45pm – 8:45pm	7 <b>Drop In Support Group</b> (English) 9:15am – 11:15am	8
9	10 <b>Yoga</b> 5:00pm – 6:00pm	11	12 <b>Al-Anon Support Group</b> 6:30pm – 8:00pm	13 <b>Drop In Support Group</b> (English) 6:45pm – 8:45pm	14 <b>Drop In Support Group</b> (English) 9:15am – 11:15am	15
16	17 <b>Yoga</b> 5:00pm – 6:00pm	18	19 <b>Al-Anon Support Group</b> 6:30pm – 8:00pm	20 <b>Drop In Support Group</b> (English) 6:45pm – 8:45pm	21 <b>Drop In Support Group</b> (English) 9:15am – 11:15am	22
23	24 <b>NO YOGA THIS WEEK</b>	25 <b>CHRISTMAS DAY</b>  <b>CLOSED</b>	26 <b>NO GROUP THIS WEEK</b>	29 <b>NO GROUP THIS WEEK</b>	30 <b>NO GROUP THIS WEEK</b>	
30	31 <b>NO YOGA THIS WEEK</b>					13

**Weekly Class and Workshop Descriptions**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<p align="center"><b>Gentle Yoga</b>  <b>5:00pm-6:00pm</b>                      Open to clients and SAVE staff &amp; volunteers. Wear comfortable clothes. Mats will be provided. All fitness levels welcome.  <b>Childcare not provided.</b>                      RSVP at 510-574-2250</p>		<p align="center"><b>Al-Anon Support Group</b>  <b>6:30pm - 8:00pm</b>  <b>Childcare not provided.</b></p>	<p align="center"><b>Drop In Support Group</b>                      (English)  <b>6:45pm - 8:45pm</b>                      Safe setting where women whose lives are affected by domestic violence can come together to encourage, support and empower one another.  <b>Childcare provided.</b></p> <p align="center"><b>Rolling in Dough</b>  <b>6:30pm - 8:00pm</b>  <b>Last Thursday of the Month</b>                      Financial Empowerment Workshop  <b>Childcare provided.</b></p>	<p align="center"><b>Drop In Support Group</b>                      (English)  <b>9:15am - 11:15am</b>                      Safe setting where women whose lives are affected by domestic violence can come together to encourage, support and empower one another.  <b>Childcare provided.</b></p>		