



# Hope House April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 10-11 Anger Management Support Group V 11:30-12:30 Mindful Meditation <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression <b>IP</b></p>	<p><b>2</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 11-12 Imagination Station <b>IP</b> 2-3 Dual Recovery Anon., V 2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>3</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, V 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> <b>1:30-2:30 Living Well w/Bipolar Meetup! V&amp;IP</b> 3-4 Hospice Grief Support, V <b>3-4 Hope House Huddle: Guidelines IP</b></p>	<p><b>4</b> 9:30-10:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>5</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Gratitude Group V&amp;IP</b> 12:30-2:30 Member Celebrations <b>IP</b> 3-4 Dual Recovery Anon., V</p>
<p><b>8</b> 10-11 Anger Management Support Group V 11:30-12:30 Book Club <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression <b>IP</b></p>	<p><b>9</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 11-12 Poetry Group <b>IP</b> 2-3 Dual Recovery Anon., V 2-3 Voices &amp; Visions <b>IP</b> 3-4:30 PAAT Meeting @ TMHA Main Office <b>V&amp;IP</b></p>	<p><b>10</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, V 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/Bipolar, V 3-4 Hospice Grief Support, V 3-4 Gardening Group <b>IP</b></p>	<p><b>11</b> 9:30-10:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>12</b> <b>11:00-2:00 Super Bloom Picnic @ Shell Creek Road OIP (RSVP, please!)</b> 3-4 Dual Recovery Anon., V</p>
<p><b>15</b> <b>Center Closed— Please see the groups being offered:</b> 10-11 Anger Management Support Group V 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression <b>IP</b></p>	<p><b>16</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 11-12 Imagination Station <b>IP</b> 2-3 Dual Recovery Anon., V 2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>17</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, V 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/Bipolar, V <b>3-4 Drum Circle IP</b></p>	<p><b>18</b> 9:30-10:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>19</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Gratitude Group V&amp;IP</b> <b>12:30-3 Pismo Beach Cleanup OIP (RSVP, Please !)</b> 3-4 Dual Recovery Anon., V</p>
<p><b>22</b> 10-11 Anger Management Support Group V 11:30-12:30 Book Club <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression <b>IP</b></p>	<p><b>23</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 11-12 Poetry Group <b>IP</b> 2-3 Dual Recovery Anon., V 2-3 Voices &amp; Visions <b>IP</b> 3-4:30 PAAT Meeting @ TMHA Main Office <b>V&amp;IP</b></p>	<p><b>24</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, V 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/Bipolar, V 3-4 Hospice Grief Support, V 3-4 Gardening Group <b>IP</b></p>	<p><b>25</b> 9:30-10:30 Journal &amp; Reflect <b>IP</b> <b>1-2 Sharpening Social Skills: Out &amp; About IP</b> 2-3 Voices &amp; Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>26</b> 10-11 Coffee &amp; Contemplation <b>IP</b> 11-12 LGBTQIA+ Group <b>IP</b> 12:30-2:30 Community Cooking Class <b>IP</b> 3-4 Dual Recovery Anon., V</p>
<p><b>29</b> 10-11 Anger Management Support Group V 11:30-12:30 Mindful Chair Yoga <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression <b>IP</b></p>	<p><b>30</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 11-12 Imagination Station <b>IP</b> 2-3 Dual Recovery Anon., V 2-3 Voices &amp; Visions <b>IP</b></p>	<div style="border: 1px dashed black; padding: 10px;"> <p>Call for login info or to sign up as a new member. (805) 541-6813 <b>V—Virtual Group</b> <b>IP—In Person</b> <b>OIP—Outdoor, In Person</b> Events may change.</p> </div>	<div style="border: 1px dotted black; border-radius: 50%; padding: 20px; text-align: center;"> <p>If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups. Thank you for helping us stay healthy!</p> </div>	<p>“The colors of spring emerge with the first sweet sounds of songbirds to fill our winter weary souls; bringing hope, new beginnings and inspiration.” ~unknown</p>