



# Hope House May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member. (805) 541-6813</p> <p><b>V—Virtual Group</b></p> <p><b>IP—In Person</b></p> <p><b>OIP—Outdoor, In Person</b></p> <p><b>Events may change.</b></p>	<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>	<p><b>1</b></p> <p>9:30-10:30 Befriending Emotions <b>V&amp;IP</b></p> <p>10:45-11:45 Anxiety &amp; Depression, V</p> <p>11:30-12:30 Self Compassion Circle <b>V&amp;IP</b></p> <p><b>1:30-2:30 Living Well w/Bipolar Meetup! V&amp;IP</b></p> <p>3-4 Hospice Grief Support, V</p> <p><b>3-4 Art &amp; Chill: Open House Art IP</b></p>	<p><b>2</b></p> <p>9:30-10:30 Journal &amp; Reflect <b>IP</b></p> <p>1-2 Sharpening Social Skills <b>IP</b></p> <p>2-3 Voices &amp; Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>3</b></p> <p><b>11-12 Gratitude Group: Open House Displays V&amp;IP</b></p> <p>12:30-2:30 Member Celebrations <b>IP</b></p> <p>3-4 Dual Recovery Anon., V</p> <p><b>5-7 pm "Opening Minds" Art Show Opening Night at The Bunker SLO IP (RSVP, please)</b></p>
<p><b>6</b></p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Book Club <b>IP</b></p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression <b>IP</b></p>	<p><b>7</b></p> <p>9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b></p> <p><b>11-12 Poetry Group: Open House Displays IP</b></p> <p><b>12-2: Peer to Peer IP (RSVP, Please)</b></p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>8</b></p> <p>9:30-10:30 Befriending Emotions <b>V&amp;IP</b></p> <p>10:45-11:45 Anxiety &amp; Depression, V</p> <p>11:30-12:30 Self Compassion Circle <b>V&amp;IP</b></p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Hospice Grief Support, V</p> <p>3-4 Gardening Group <b>IP</b></p>	<p><b>9</b></p> <p>9:30-10:30 Journal &amp; Reflect <b>IP</b></p> <p>1-2 Sharpening Social Skills <b>IP</b></p> <p>2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>10</b></p> <p>10-11 Coffee &amp; Contemplation <b>IP</b></p> <p><b>11:30-3:30: Life House Open House: "Self Care Celebration" (RSVP, Please!)</b></p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>13</b></p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Mindful Meditation <b>IP</b></p> <p>1-2:30 Music Sharing <b>V&amp;IP</b></p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression <b>IP</b></p>	<p><b>14</b></p> <p>9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b></p> <p><b>11-12 Imagination Station: Open House Art IP</b></p> <p><b>12-2: Peer to Peer IP (RSVP, Please)</b></p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices &amp; Visions <b>IP</b></p> <p>3-4:30 PAAT @ TMHA Main Office <b>V&amp;IP</b></p>	<p><b>15</b></p> <p>9:30-10:30 Befriending Emotions <b>V&amp;IP</b></p> <p>10:45-11:45 Anxiety &amp; Depression, V</p> <p>11:30-12:30 Self Compassion Circle <b>V&amp;IP</b></p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Hospice Grief Support, V</p> <p><b>3-4 Center Cleanup: Open House Prep IP</b></p>	<p><b>16</b></p> <p>9:30-10:30 Journal &amp; Reflect <b>IP</b></p> <p>1-2 Sharpening Social Skills <b>IP</b></p> <p>2-3 Voices &amp; Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>17</b></p> <p><b>12-3: Hope House Open House IP "Community Comes Together"</b></p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>20</b></p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Book Club <b>IP</b></p> <p>1-2:30 Music Sharing <b>V&amp;IP</b></p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression <b>IP</b></p>	<p><b>21</b></p> <p>9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b></p> <p>11-12 Poetry Group <b>IP</b></p> <p><b>12-2: Peer to Peer IP</b></p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>22</b></p> <p>9:30-10:30 Befriending Emotions <b>V&amp;IP</b></p> <p>10:45-11:45 Anxiety &amp; Depression, V</p> <p>11:30-12:30 Self Compassion Circle <b>V&amp;IP</b></p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Hospice Grief Support, V</p> <p><b>3-4 Gardening Group outing to Growing Grounds Downtown IP</b></p>	<p><b>23</b></p> <p>9:30-10:30 Journal &amp; Reflect <b>IP</b></p> <p><b>1-2 Lizzy Farewell Lunch IP</b></p> <p>2-3 Voices &amp; Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>24</b></p> <p><b>11:30-3:30: Safe Haven Open House: "Move Well &amp; Eat Well" (RSVP, Please!)</b></p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>27</b></p> <p><b>Center Closed– Please see the following groups being offered:</b></p> <p>6-7 Healing Depression <b>IP</b></p>	<p><b>28</b></p> <p>9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b></p> <p>11-12 Imagination Station <b>IP</b></p> <p><b>12-2: Peer to Peer IP</b></p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices &amp; Visions <b>IP</b></p> <p>3-4:30 PAAT @TMHA Main Office <b>V&amp;IP</b></p>	<p><b>29</b></p> <p>9:30-10:30 Befriending Emotions <b>V&amp;IP</b></p> <p>10:45-11:45 Anxiety &amp; Depression, V</p> <p>11:30-12:30 Self Compassion Circle <b>V&amp;IP</b></p> <p>3-4 Hospice Grief Support, V</p> <p><b>3-4 LGBTQIA+ Group: Pride Month Celebration IP</b></p>	<p><b>30</b></p> <p>9:30-10:30 Journal &amp; Reflect <b>IP</b></p> <p>1-2 Sharpening Social Skills <b>IP</b></p> <p>2-3 Voices &amp; Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group <b>IP</b></p>	<p><b>31</b></p> <p><b>Center Closed– Please see the following groups being offered:</b></p> <p>3-4 Dual Recovery Anon., V</p>