



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