

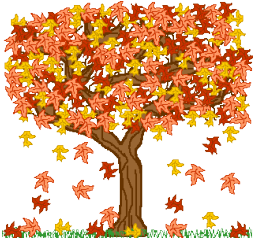













Hope House November 2017



SLO Wellness Center Hope House

1306 Nipomo St (805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
	 Life happens! Some events/activities subject to change	1 10-11 Women's Group* 10-12:30 Men's Outing Fishing off the Pier (RSVP) 11-12:30 Ted Talk & Discussion 1-2 Goal Setting  2-3:30 Pictionary Game 3:30-5:30 WRAP class (RSVP Required)	2 11-12 Bi-Polar Support Group * 12-1 Sherrie's Group 1-2 Wellness Collaborative Group 2-3:30 Walk around Islay Park 2:30-4:00 Dr. Moreno's Group*	3 9-10 Walking for Wellness 10-11 Coping with Anxiety 11-2 Avila Hot Springs (RSVP) 2-3 Gardening Group 
6 10-11 One on Ones/Social Hour 11-12 Depression Support Group* 12-1 Music Sharing 1:00-3:30 Apple Picking (RSVP) 1:30-2:30 Coping with Voices* 5-6 Dual Recovery Anonymous 	7 10-11 Wellness Self Management 11-12 Seeking Safety Group* 12-1 Current Events Discussion 1-2 Mindful Meditation 2-4 Cooking Class (please RSVP)	8 10-11 Women's Group* 11-12 Yoga with Colleen 12-1 Calendar Planning 1-2 Healthy Boundaries 2-3 Homelessness not Helplessness Video Showing & Discussion 3-3:30 Center Clean Up & Snacks 3:30-5:30 WRAP class (RSVP Required)	9  10-2 Thanksgiving Feast in Atascadero (RSVP) 1-2 Wellness Collaborative Group 2:30 -3:30 Neighborhood walk to aid in food digestion 2:30-4:00 Dr. Moreno's Group*	10 9-10 Walking for Wellness  10-11 Coping with Anxiety 11-12 Self Care Techniques 12-2 Social Time, Puzzles and Tea 
13 10-11 One on Ones/Social Hour 11-12 Depression Support Group* 12-1 Music Sharing 1-3 Walk to Barnes n Noble 1:30-2:30 Coping with Voices* 5-6 Dual Recovery Anonymous	14 10-11 Wellness Self Management 11-12 Seeking Safety Group* 12-1 Mindful Meditation 1-3 Art Therapy with Jessica 3:30-5:30 Young Adult Baking Night 	15 10-11 Women's Group* 10-11 Men's Group 11-12 Healthy Habits 12-3:30 Elephant Seals in San Simeon (RSVP) 3:30-5:30 WRAP class (RSVP Required)	16 11-12 Bi-Polar Support Group * 12-1 Gratitude Journaling 1-2 Wellness Collaborative Group 2-3:30 Thrift Store Shopping (RSVP) 2:30-4:00 Dr. Moreno's Group*	17 Center Closed for Team Training 
20 10-11 One on Ones/Social Hour 11-12 Depression Support Group* 12-1 Music Sharing 1-3:30 Outing to AG Village (RSVP) 1:30-2:30 Coping with Voices* 5-6 Dual Recovery Anonymous	21 10-11:30 French Toast Breakfast and Gratitude discussion 11:30-1:00 Serving Lunch @ Prado 1-4 Hope House Potluck Please bring a dish to share!	22 10-11 Women's Group* 10-11 Men's Walk 11-12 Yoga with Colleen 12-1 Center Clean up/Vehicle/Facility Checklist /Fire Drills 1-3:30 Movie & Popcorn  3:30-5:30 WRAP class (RSVP Required)	23  Happy Thanksgiving	24 Center Closed 
27 10-11 One on Ones/Social Hour 11-12 Depression Support Group* 12-1 Music Sharing 1-3:30 Woods Humane Society (RSVP) 1:30-2:30 Coping with Voices* 5-6 Dual Recovery Anonymous	28 10-11 Wellness Self Management 11-12 Seeking Safety Group* 12-1 Journaling Group 1-2 Mindful Meditation 2-4 Cooking Class (RSVP)	29 10-11 Women's Group* 10-11 Men's Group 11-1 Vegetable Proficiency Group- Brussel Sprouts  1-2 Center Clean up and Hot Cocoa 2-3:30 YMCA outing (RSVP) 3:30-5:30 WRAP class (RSVP Required)	30 11-12 Bi-Polar Support Group * 12-1 Sherrie's Group 1-2 Wellness Collaborative Group 2-3:30 Hike Johnson Ranch (RSVP) 2:30-4:00 Dr. Moreno's Group*	*Due to the sensitive nature, the door will be locked after a 10 minute grace period. Call us to tour Hope House and become a Member! (805) 541-6813