



# Hope House September 2017

SLO Wellness Center Hope House  
1306 Nipomo St (805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Life happens! Some events/activities subject to change.</p>		<p>*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</p>		<p><b>1</b> 9-10 Walking for Wellness 10-11 Wellness Self Management 11-12 Coping with Anxiety 12:30-2 Self Care afternoon 2:30-3:30 Gardening Group</p>
<p><b>4</b> Center Closed for <b>LABOR DAY</b> </p>	<p><b>5</b> 10-11 PTSD support Group* 11-12 Center Clean-up with Snacks 12-1 Nutrition/Health Habits 1-2 Music Sharing 2-4 Cooking Class (please RSVP)</p>	<p><b>6</b> 10-11 Psy Tech Lead Group 10-12 Men's Outing (RSVP) 11-12 Yoga with Colleen 12-1 Calendar Planning 1-2 Decreasing Intrusive Thoughts 2-3 Goal Setting 3-4 Seinfeld Appreciation Hour</p>	<p><b>7</b> 11-12 Bi-Polar Support Group * <b>12-1 Food Choices to Decrease Medication Side Effects w/Sherrie</b> 1-2 Journaling Group 2:30-4:00 Dr. Moreno's Group*</p>	<p><b>8</b> 9-10 Walking for Wellness 10-11 Wellness Self Management 11-12 Coping with Anxiety <b>12-2:30 Bowling (RSVP)</b> <b>Center Closes @ 2:30</b> </p>
<p><b>11</b> 10-11 Women's Group* 10-11 Walk to SLO Library 11-12 Depression Support Group* 12-1 Mindful Meditation 1:30-3:30 Pismo Beach Outing (RSVP) 5-6 Dual Recovery Anonymous</p>	<p><b>12</b> 10-11 OCD Support Group* 11-12 Positive Self Image 12-2 Art Therapy with Jessica 2-3 Music Sharing <b>3:00-5:30 Young Adult Night</b> <b>Billiards in Pismo</b> </p>	<p><b>13</b> 9-9:30 Breakfast for volunteers <b>9:30-1 Volunteer @ Growing Grounds Farm (RSVP)</b> 1-2 Sleep Patterns/Routines 2-2:30 Center Cleanup 2:30-3:00 Make your own Smoothie</p>	<p><b>14</b> 11-12 Bi-Polar Support Group * 12-1 Journaling Group 1-2 Mind Body Spirit 2-3:30 Thrift Store Shopping (RSVP) 2:30-4:00 Dr. Moreno's Group*</p>	<p><b>15 Hank the Dog @ Hope House</b> 9-10 Walking for Wellness 10-11 Wellness Self Management 11-12 Coping with Anxiety 12-2 Documentary and Discussion 2:30-3:30 Gardening Group </p>
<p><b>18</b> 10-11 Women's Group* 10-11 Bocce Ball @ Emerson Park 11-12 Depression Support Group* 12-1 Mindful Meditation 1:30-3:30 Outing to Walmart (RSVP) 5-6 Dual Recovery Anonymous</p>	<p><b>19</b> 10-11 Hording Support Group * 11:30-1:00 Serving Lunch @ Prado 1-2 Music Sharing 2-4 Cooking Class (please RSVP)</p>	<p><b>20</b> 10-11 One on Ones/Social Hour 11-12 Yoga with Colleen 12-1 Exercise Habits 1-2 Center Clean up/Vehicle/Facility Checklist/Fire Drills 2-3 Healthy Boundaries 3-4 Seinfeld Appreciation Hour</p>	<p><b>21</b> 11-12 Bi-Polar Support Group * <b>12-1 Health and Movement w/Sherrie</b> 1-2 Mind Body Spirit 2-3:30 Felsman Loop Trail (RSVP) 2:30-4:00 Dr. Moreno's Group*</p>	<p><b>22</b> </p>
<p><b>25</b> 10-11 Women's Group* 10-11 Coffee Shop Chat 11-12 Depression Support Group* 12-1 Mindful Meditation 1:30-3:30 Cayucos Outing (RSVP) 5-6 Dual Recovery Anonymous</p>	<p><b>26 Santa Barbara ZOO</b>  <b>RSVP Only</b> Center Opens @ 7:30, Leave by 8am, Back by 5pm Bring Picnic Lunch or Money</p>	<p><b>27</b> 10-11 One on Ones/Social Hour 10-11:30 Men's Outing (RSVP) 11-12 Preparing for Employment 12-1 Budget Cooking 12-2 Ambassador Training @TMHA 1-4 Center Clean Up and Movie/Popcorn </p>	<p><b>28</b> 11-12 Bi-Polar Support Group * 12-1 Journaling Group 1-2 Mind Body Spirit 2-3:30 Islay Park Walk (RSVP) 2:30-4:00 Dr. Moreno's Group* </p>	<p><b>29</b> 9-10 Walking for Wellness 10-11 Wellness Self Management <b>11:30- 2:30 Book/Magazine Exchange @ Safe Haven</b> 2:30-3:30 Gardening Group</p>