



Hope House April 2017



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>3 <i>Women's Group 10-11*</i> Downtown Coffee Shop Chat 10-11 Depression Support Group 11-12* Art Therapy w/ Jessica @Hope House 12-2 How to be your own advocate 2-3 One on ones 3-4</p> | <p>4 Breakfast Cooking Series: "Peanut Butter Banana Bread" 9:30-11 Conflict Management 11-12 Guided Meditation 12-1230 Women's Walk 1230-130 Men's Group 12:30-1:30* Learning Mindfulness 130-230 Art Gallery Tour 230-430</p> | <p>5 Guided Meditation 930-10 Coping w/ Social Anxiety 10-11 Yoga w/ Colleen 11-12 Developing Emotional Intelligence 12-1 Laguna Lake Walk 1-330 Baking Group 330-430 Stress Management 4:30-5:30*</p> | <p>6 Mind-Body-Spirit 11-12 WSM: Facts about Mental Illness 12-1 Journaling Group 1-2 Center Maintenance 2-230 Avila Beach Outing 230-430 Dr. Moreno's Group 2:30-4*</p> | <p>7 Winchester Mystery House 8am-6pm (RSVP List Only)</p> |
| <p>10 <i>Women's Group 10-11*</i> Downtown Coffee Shop Chat 10-11 Depression Support Group 11-12 Art Therapy w/Jessica @ Hope House 12-2 Woods Humane Society 2-4 One on ones 3-4</p> | <p>11 Breakfast Cooking Series: "Blueberry Scones "9:30-11 Music sharing group 11-12 Guided Meditation 12-1230 Art Therapy @ TMHA 12:30-2:30 (Transportation provided) Men's Chat 12:30-1:30 Learning Mindfulness 130-230 Art Gallery Tour 230-430</p> | <p>12 Guided Meditation 930-10 Coping with Schizophrenia 10-11 Developing Emotional Intelligence 11-12 Boomers-Santa Maria 12-4 Each Mind Matters Day Planning 12-1 Social Hour & One on Ones 1-2 Mind Body Connection Group 2-3 Baking Group 300-430 Stress Management 4:30-5:30*</p> | <p>13 Mind-Body-Spirit 11-12 WSM: Mental health treatment that works for you 12-1 Zumba Dance 1-2 Center Maintenance 2-230 Montano De Oro Outing 230-430 Dr. Moreno's Group 2:30-4*</p> | <p>14 WSM: Coping with Symptoms 10-11 One on ones 10-11 Top 10 Recovery Tips 2-3 Making lunches for the homeless 12-1:30 Each mind matters day planning 1:30-230 Gardening group 2-3:30 Center Clean Up 330-4</p> |
| <p>17 <i>Women's Group 10-11*</i> Downtown Coffee Shop Chat 10-11 Depression Support Group 11-12 Art Therapy w/Jessica @Hope House12-2 Regulating Emotions 2-3 One on ones 3-4</p> | <p>18 Breakfast Cooking Series: "Raspberry Cream Cheese Coffeecake" 9:30-11 Serving lunch at Prado 11:30-1 Men's Chat 12:30-1:30* Women's Walk 1230-130 Learning Mindfulness 130-230 Art Gallery Tour 230-430 Young Adult Night w/Chris 3:30-5:30 (AVILA BEACH)</p> | <p>19 Guided Meditation 930-10 Developing Emotional Intelligence 10-11 Yoga w/ Colleen 11-12 Laughter Therapy w/ Marcia 12:30-1:30 Morro Bay 1:30-4 Mind Body Connection Group 2-3 Baking Group 300-430 Stress Management 4:30-5:30*</p> | <p>20 Mind-Body-Spirit 11-12 WSM: Wellness Self Management Plan 12-1 Setting Boundaries 1-2:30 Center Maintenance 2-230 Cuesta Park Picnic 230-430 Dr. Moreno's Group 2:30-4*</p> | <p>21 WSM : What helps and hinders recovery 10-11 One on ones 10-11 Depression Support Group 11-12 Mindful Walking 12-1 Setting Goals 1-2 Gardening group 2-3:30 Center Clean Up 330-4</p> |
| <p><i>Women's group 10-11*</i> Downtown Coffee Shop Chat 10-11 Depression Support Group 11-12* Art Therapy w/ Jessica @ Hope House 12-2 Coping w/Negative Thoughts 2-3 24 One on ones 3-4</p> | <p>25 Breakfast Cooking Series: "Strawberry Pastries" 9:30-11 Just dance 11-12:30 Art Therapy @ TMHA 12:30-2:30 (Transportation Provided) Boat Tour in Morro Bay 12:30-2:30 (RSVP) Open Art Studio @ Hope House 230-430</p> | <p>26 Guided Meditation 930-10 What is Recovery? 10-11* Developing Emotional Intelligence 11-12 Vehicle/ facility check list/ fire and earthquake drills 12-1 Moana" Movie 1-4 Each Mind Matters Day Supply Shopping 1-4 Stress management 4:30-5:30*</p> | <p>27 Center Closed for Team Training 11-230 Dr. Moreno's Group 2:30-4*</p> | <p>28 Center Closed for Team Training</p> |



Life happens!
Some events/activities
subject to change.

•Due to the sensitive nature of group indicated, the door will be locked after a 10 minute grace period.
Interested in becoming a member? Please call us to set up a time to tour and meet everyone.