

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>10-11am Morning Walk, OIP 10-11am Anger Management, V <b>11:30-12:30pm Listen &amp; Learn Book Club, H</b> (When the Brakes Fail- Cindy Wittstrom) 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p><b>2</b></p> <p>9-10am Breakfast w/Friends 10-11am ACT w/Isy &amp; Andrew, H 11:30-12:30pm Meditation, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H</p>	<p><b>3</b></p> <p>9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety &amp; Depression, H 12-1pm Men's Group, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p>	<p><b>4</b></p> <p>12:45-1:45 Chat &amp; Chew, H 2-3 Voices &amp; Visions, H <b>3-4:30pm Hike- 3 Bridges Oak Preserve, Atascadero (RSVP)</b></p>	<p><b>5</b></p> <p>10am-11a Sip &amp; Share, H 11:30a-12:30p Jam Session, H 1-3:30pm FUNday Friday, IP 3-4 DRA, V (HH)</p>
<p><b>8</b></p> <p>10-11am Morning Walk, OIP 10-11am Anger Management, V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors, V 6:30-8pm NAMI, IP</p>	<p><b>9</b></p> <p>9-10am Coffee w/Friends, H 10-11am ACT w/Isy &amp; Andrew, H 11:30-12:30pm Meditation, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H <b>3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</b></p>	<p><b>10</b></p> <p>9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety &amp; Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p>	<p><b>11</b></p> <p>12:45-1:45 Chat &amp; Chew, H 2-3 Voices &amp; Visions, H 3-4pm Tasks on Track, H</p>	<p><b>12</b></p> <p>9-10am Coffee w/Friends, H 10-10:45am Picnic Prep, IP 11-4pm Shell Creek Rd. Wild Flower Exploration &amp; Picnic (RSVP) 3-4 DRA, V (HH)</p>
<p><b>15</b></p> <p>10-11am Morning Walk, OIP 10-11am Anger Management, V <b>11:30-12:30pm Listen &amp; Learn Book Club, H</b> (When the Brakes Fail- Cindy Wittstrom) 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p><b>16</b></p> <p>9-10am Breakfast w/Friends 10-11am ACT w/Isy &amp; Andrew, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H</p>	<p><b>17</b></p> <p>9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety &amp; Depression, H 12-1pm Men's Group, H 1:30-2:30 Living Well w/ Bipolar, V (HH) <b>2:15-4:30pm (3-4) Drum Circle w/Barry @ Hope House, IP (RSVP)</b></p>	<p><b>18</b></p> <p><b>12:45-1:45pm Collaborative Calendar Construction &amp; House Huddle, H</b> 2-3 Voices &amp; Visions, H 3-4pm Tasks on Track, H</p>	<p><b>19</b></p> <p>10am-11a Sip &amp; Share, H 12-4pm Pismo Beach Cleanup (RSVP) 3-4 DRA, V (HH)</p>
<p><b>22</b></p> <p>10-11am Morning Walk, OIP 10-11am Anger Management, V <b>11:30-12:30pm Listen &amp; Learn Book Club, H</b> (When the Brakes Fail- Cindy Wittstrom) 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p><b>23</b></p> <p>9-10am Coffee w/Friends, H 10-11am ACT w/Isy &amp; Andrew, H 11:30-12:30pm Meditation, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H <b>3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</b></p>	<p><b>24</b></p> <p>9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety &amp; Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p>	<p><b>25</b></p> <p>Sorry we are closed today, friends!  We look forward to seeing you tomorrow!</p>	<p><b>26</b></p> <p>10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 1-3:30pm FUNday Friday, IP (Spring Themed Cookie Decorating) + (Member Celebrations) 3:30-4 Center Clean-up, IP 3-4 DRA, V (HH)</p>
<p><b>29</b></p> <p>10-11am Morning Walk, OIP 10-11am Anger Management, V <b>11:30-12:30pm Listen &amp; Learn Book Club, H</b> (When the Brakes Fail- Cindy Wittstrom) 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p><b>30</b></p> <p>9-10am Breakfast w/Friends 10-11am ACT w/Isy &amp; Andrew, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H</p>	<p><b>“April’s gentleness hugs the earth, awakening dormant dreams &amp; bringing forth rebirth.”</b>  - Unknown</p>	<p>V: Virtual Group only IP: In Person only H: Hybrid, both Virtual &amp; In Person OIP: Outdoor in person HH: Hope House (SLO) SH: Safe Haven (AG)</p>	<p>May is Mental Health awareness month. Please save the following dates for T-MHA's Wellness Center's Open Houses. Life House- Friday, May 10th Hope House- Friday, May 17th Safe Haven- Friday, May 24th</p>