



Life House MAY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>V: Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person HH: Hope House SH: Safe Haven</p>	<p>1 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & 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>2 2:45-1:45 Chat & Chew, H 2-3 Voices & Visions, H 3-4pm Card Creations, IP</p>	<p>3 1:30-3:30pm FUNday Friday, IP 3-4pm DRA, V (HH) 4:15-8pm "Opening Minds" Art Show (5-7pm) Opening Night @ The Bunker SLO (RSVP)</p>
<p>6 10-11am Morning Walk, OIP 10-11am Anger Management, V 11:30-12:30pm Listen & Learn Book Club, H (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>7 9-10am Breakfast w/Friends, IP 10-11am ACT w/Isy & Andrew, H 11:30-12:30pm Meditation, H 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H 3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</p>	<p>8 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-3pm Center Clean-up, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p>	<p>9 <i>Center Closed.</i> <i>We look forward to seeing you Tomorrow!</i></p>	<p>10 12-3pm Life House's Open House "Self-Care Celebration" Join us as we highlight & practice a variety of Self-Care activities that will nourish your whole being. Complimentary Food & Refreshments 5850 West Mall Atascadero 3-4pm DRA, V (HH)</p>
<p>13 9am-12pm Hike 3 Bridges Oak Preserve in Atascadero, 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>14 9-10am Breakfast w/Friends, IP 10-11am ACT w/Isy & Andrew, H 11:30-12:30pm Meditation, H 12:30-3p Job Seekers Workshop, IP (SEP) 'Applying for Jobs' (RSVP) 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H</p>	<p>15 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & 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>16 2:45-1:45 Chat & Chew, H 2-3 Voices & Visions, H 3-4pm Card Creations, IP</p>	<p>17 RSVP 11:15-4pm 12-3pm Hope House's Open House "Community Comes Together" 1306 Nipomo St. SLO 3-4pm DRA, V (HH)</p>
<p>20 10-11am Morning Walk, OIP 10-11am Anger Management, V 11:30-12:30pm Listen & Learn Book Club, H (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>21 9-10am Breakfast w/Friends, IP 10-11am ACT w/Isy & Andrew, H 12:30-3p Job Seekers Workshop, IP (SEP) 'Skills, Strengths & Recourses' (RSVP) 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H</p>	<p>22 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & 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>23 12:15-2:30pm (1-2) Lizzy's Fairwell Lunch @ Hope House (RSVP) 2-3Voices & Visions, H 3-4pm Card Creations, IP</p>	<p>24 RSVP 11:15-4pm 12-3pm Safe Haven's Open House "Move Well & Eat Well" 203 Bridge St. Arroyo Grande 3-4pm DRA, V (HH)</p>
<p>27 <i>Center Closed.</i> <i>We look forward to seeing you Tomorrow!</i> 2:30-3:30pm Sound Bath, V (SH)</p>	<p>28 9-10am Breakfast w/Friends, IP 10-11am ACT w/Isy & Andrew, H 11:30-12:30pm Meditation, H 12:30-3p Job Seekers Workshop, IP (SEP) 'Resume/Interview Prep' (RSVP) 12:45-1:45pm Music Sharing, H 2-3pm Dual Recovery Anon, H 3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</p>	<p>29 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & Depression, H 12-1pm Men's Group, H 1:30-3pm Artistic Creations, IP 3-4 pm Hospice: Grief Support, V</p>	<p>30 12:45-1:45 Narcan Knowledge, H 2-3 Voices & Visions, H 3-4pm Card Creations, IP</p>	<p>31 9:30-10:30am Coffee w/Friends, H 3-4pm DRA, V (HH)</p>